



# Troop 152

## Day Hikes

### Equipment –

- |                          |                                  |                          |   |
|--------------------------|----------------------------------|--------------------------|---|
| <input type="checkbox"/> | Daypack                          | <input type="checkbox"/> | Twine or light rope                     |
| <input type="checkbox"/> | Compass*                         | <input type="checkbox"/> | Pocket knife*                           |
| <input type="checkbox"/> | Water bottle/hydration pack*     | <input type="checkbox"/> | Water Filter (one per patrol)           |
| <input type="checkbox"/> | Large, full strength garbage bag | <input type="checkbox"/> | Toilet paper & trowel                   |
| <input type="checkbox"/> | Emergency whistle                | <input type="checkbox"/> | Insect repellent                        |
| <input type="checkbox"/> | Personal first aid kit*          | <input type="checkbox"/> | Lighter & matches (one set per patrol)* |
| <input type="checkbox"/> | Headlamp/Flashlight*             | <input type="checkbox"/> | Trail map*                              |
| <input type="checkbox"/> | Sunscreen*                       | <input type="checkbox"/> | Emergency blanket (space blanket)       |

### Clothing –

- |                          |  |                          |                                       |
|--------------------------|--|--------------------------|---------------------------------------|
| <input type="checkbox"/> | Hiking boots   | <input type="checkbox"/> | Windbreaker or Light Shell Jacket     |
| <input type="checkbox"/> | T-shirts - class "B",  | <input type="checkbox"/> | Wide-brimmed hat                      |
| <input type="checkbox"/> | Insulated jacket (for cold weather)                                  | <input type="checkbox"/> | Sweatshirt                            |
| <input type="checkbox"/> | Sunglasses   | <input type="checkbox"/> | Wool or fleece cap (for cold weather) |
| <input type="checkbox"/> | Synthetic hiking shorts, hiking pants,<br>or fleece pants (no jeans) | <input type="checkbox"/> | Raingear (if possibility of rain)*    |
|                          |  | <input type="checkbox"/> | Bandana                               |

### Food –

- Appropriate for the length of the hike\*

### Optional –

- |                          |               |                          |              |
|--------------------------|---------------|--------------------------|--------------|
| <input type="checkbox"/> | Camera        | <input type="checkbox"/> | Hiking poles |
| <input type="checkbox"/> | Ankle gaiters |                          |              |

## The Outdoor Ten Essentials\*

- |                          |                              |                          |   |
|--------------------------|------------------------------|--------------------------|---|
| <input type="checkbox"/> | Water bottle/hydration pack* | <input type="checkbox"/> | Headlamp/Flashlight*                          |
| <input type="checkbox"/> | Map & Compass*               | <input type="checkbox"/> | Pocketknife*                                  |
| <input type="checkbox"/> | Raincoat/poncho*             | <input type="checkbox"/> | Lighter & matches (one set per patrol)*       |
| <input type="checkbox"/> | Personal first aid kit*      | <input type="checkbox"/> | Sun protection (sunscreen, wide-brimmed hat)* |
| <input type="checkbox"/> | Trail food*                  | <input type="checkbox"/> | Extra clothing*                               |