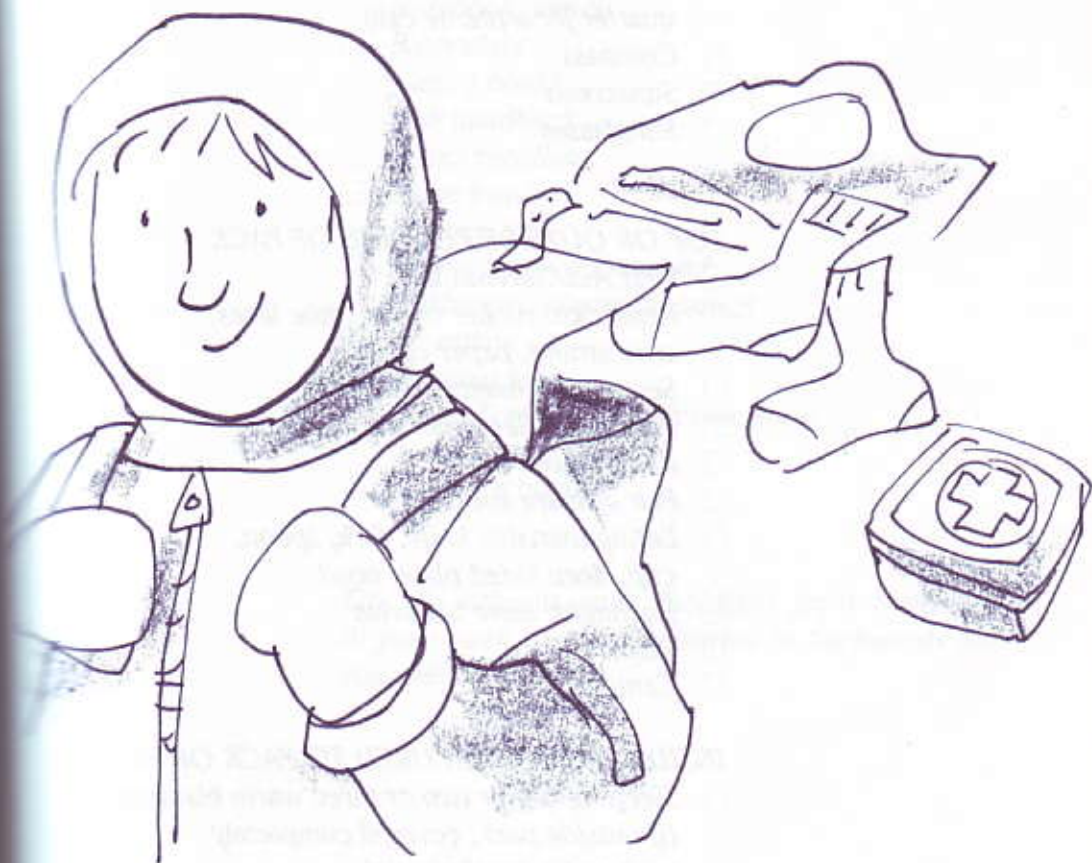


## ***Clothing and Equipment for the Outdoors***



Explorers always make sure that they have the proper clothing and equipment. You'll want to have the right equipment for the exploring you do, too. The clothes you wear and the equipment you take will depend on where you are planning to go. Think very carefully about what you will need and listen to Akela's advice.



# CAMPING CHECKLIST

*(Will vary according to season and weather)*

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## *WEAR (or carry in top of pack)*

- Camp clothes/uniform*
- Hiking shoes*
- Sweater or jacket*
- Raincoat or poncho*
- Rubbers, lightweight*
- Toque, ball cap, or wide brimmed hat*
- Watch*

## *CARRY IN POCKETS*

- Handkerchief/tissues*
- Wallet and money (include a quarter for a phone call)*
- Compass*
- Sunscreen*
- Sunglasses*

## *TOP OR OUTSIDE POCKETS OF PACK*

- First Aid/Survival kit*
- Repair kit: rubber bands, shoe laces, wire strand, paper clips*
- Sewing kit: needle, thread*
- Personal toilet paper in plastic bag*
- Extra plastic bags*
- Pair of extra socks*
- Eating utensils: knife, fork, spoon, cup, deep sided plate, bowl*
- Flashlight, extra batteries*
- Map*
- Canteen*

## *INSIDE PACK OR SECURED TO PACK OR FRAME*

- Sleeping bag or two or three warm blankets (if outside pack, covered completely with water-proof plastic)*

*INSIDE PACK*

- Waterproof ground cloth, plastic*
- Sneakers*
- Plastic or cloth clothesbag containing: extra shirt, extra pants, pyjamas or sweat suit, extra handkerchief, extra socks, change of underwear*
- Toilet kit containing: washcloth, comb, soap in waterproof container, hand towel, bath towel, metal mirror, toothbrush and paste/powder*

*OPTIONAL ITEMS*

- Songbook*
- Camera, film*
- Notebook, pencil*
- Binoculars*
- Nature books*
- Cub handbook*
- Insect repellent*
- Swim trunks*
- Rope or line*
- Air mattress or foam pad*
- Washbasin, plastic or canvas*
- Air pillow*
- Personal tent*
- Bible, Testament, or Prayer Book, according to faith*
- Campfire blanket*

*Tip: To prevent your flashlight from turning on in your pack, put the batteries in backwards until you need to use it.*



Here are some suggestions for clothing and equipment you should have for different kinds of outings.

## Winter Outings

1. Boots with removable felt liners. Never wear rubber boots in winter. Make sure your snow boots aren't too tight.
2. Two pairs of wool socks, if they don't make your boots fit too tightly.
3. Insulated nylon snowpants
4. Wool pants and thermal long underwear
5. Insulated nylon jacket with hood
6. Long sleeve shirt and sweater. It's good to have several thin layers instead of one thick layer. If you get too hot, you can cool down by taking off a layer. It's important not to get too hot and sweaty in winter because, if you do, your clothes will get wet, and you will get cold.
7. Hat that covers your ears. In cold weather, most heat is lost from your head. Keep it covered, even at night while you sleep.
8. Face mask, neck warmer, or scarf to protect your face.
9. Mitts. They are warmer than gloves. Wear two pairs, if possible.



10. First Aid/Survival kit in your jacket pocket.
11. Small kit bag to carry the things below.
12. Extra socks
13. Extra mitts
14. High-energy snacks. Nuts, raisins, granola, and chocolate are foods that can give you energy in a hurry.
15. Strong plastic bags. They are useful for many things. If your boots leak, put the bags on your feet inside the boots. Be sure your socks are dry. You can also put dry clothes or things you collect along the way in plastic bags.
16. Ground sheet or strong plastic sheet to make an emergency shelter to protect you from the wind.
17. Waterproof matches
18. A candle for a quick source of heat
19. Sunglasses to prevent snow blindness.

Remember: Wind makes the temperature much colder and takes away body heat. On windy days, put on extra clothes, watch out for frostbite, and stay in sunny, sheltered areas.







## Summer Outings

You don't need as much equipment to protect you in the summer, but here are some things you should bring.

1. First Aid/Survival kit
2. Hat to protect you against sunstroke. A hat with a wide brim all around gives the best protection to eyes, ears and the back of your neck. A ball cap is next best.
3. Insect repellent
4. Sun screen with high SPF (Sun Protection Factor)
5. Rain poncho
6. Sturdy footwear like good running shoes or walking or hiking boots
7. Sunglasses to protect your eyes.
8. Extra socks. Sweaty socks can cause blisters.
9. Lightweight long sleeved shirt and pants for sun protection.
10. Water

## Spring and Autumn Outings

In late autumn and early spring, the weather can turn cold very quickly. Bring the same clothing and equipment you would for a winter expedition.

Remember, to be an explorer, you need to keep working on these three things.

1. Keep your eyes open and know where you are.
2. Know and practise your Wolf Cub skills.
3. Carry the proper clothing and equipment for each expedition.

Now for some exploring!