

## Boy Scout Day Hike Essentials Packing List

A scout should **always** enter the woods with his day pack. Based upon decades of experience and a personal preference to be prepared for a scenario where a day hike could turn into an overnight stay, this is a list of the prepared boy scout 19 required essentials and 9 survival items gear you will need for a day hike. So to be a prepared man, pack everything on the REQUIRED and OVERNIGHT SURVIVAL gear list! A 22-25L day pack recommended. And use the other lists (on the right side of the page) to help remind you of what to pack in special conditions!

REQUIRED		NICE TO HAVE EXTRA ITEMS	
A plan, map, & route left with a reliable friend		Cellphone	
Hiking Boots (that fit you and are broken in)		Handheld GPS receiver with spare batteries	
A Daypack (lined with a plastic bag) holds:		Binoculars	
- 2 <a href="#">Water bottles</a> or hydration system		Hiking or Trekking Poles (for us old guys)	
- Orienteering Compass		Camera	
- Map (with route marked & in plastic)		Sunglasses + Broad Rim Hat	
- Pocket knife & totin chip card		Pen, pencil and paper	
- Rain gear or poncho		Small shovel/trowel	
- Personal first aid kit (pg 289 in handbook)		Bathing Suit	
- Flashlight/headlamp with spare batteries			
- Firestarter Kit with waterproof matches		<b>IN LATE FALL/WINTER/SPRING</b>	
- Fleece Wind-Proof hat + Gloves		Hand warmers (3 more pairs)	
- Insect Repellant (spring/summer)		Snow shoes	
- Sunscreen (all year round)		Kahtoola Micro Spikes	
- High energy carbohydrate/protein food		Extra clothing layers	
- Extra set of clothes in compression bag		Face mask or ski mask	
- Toilet paper and/or flushable wet wipes		Emergency stove & pot – Jetboil Stove	
- Warm “packable” jacket		Ski Goggles	
<b>OVERNIGHT SURVIVAL GEAR</b>		3 Super Body Style Warmers	
- Survival-style reflective blanket or bivvy			
- 9X12 .7 mil painters tarp (to make tent)			
- Small & large trash bag			
- Chemical Super Body Warmers (3 pair)			
- Six to twelve feet of duct tape (rolled)			
- 25 feet of nylon shock cord			
- Small roll of florescent marking tape			
- Survival whistle			
- 2 12-hour Glow Sticks (for light @night)			

\*\*\* Firestarter Kit includes ample amounts of dry paper, birch bark, small dry twigs, 20 matches wrapped in plastic, and a glow stick. May also include fire starter sticks or other tinder materials like cotton balls, dryer lint, wet-fire, etc.

\*\* Extra set of clothes might include underwear, liner socks, hiking socks, lightweight hiking pants, wicking shirt (both short and long sleeve) and long underwear bottoms.