

NAME: \_\_\_\_\_ TRIP/EVENT: \_\_\_\_\_

## Santa Rosa Island Trip Checklist

Suggestion: Draw a circle in the checkbox for an item you intend to take. Put a check in the circle when it is packed.

<b>Scout Essentials (12 items)</b>		
Map and Compass	Water (two 1 quart bottles)	Extra Food (trail food)
Knife	Whistle	Matches (waterproof)
Flashlight w/extra batteries and bulb	Mirror	Sun protection – sunscreen etc
Rain Gear (poncho)	First Aid Kit	Emergency Blanket
<b>Clothing</b>		
Hiking boots	Underwear	Jacket (fleece)
Polypro inner socks (1 pair)	T-shirt (one class B, one other)	Wind shell/breaker
Outer socks (1 pair)	Tennis shoes, water shoes (opt)	Gloves (optional)
Long pants (zip-offs are good)	Swim suit	Beanie/cap (for night)
Short pants	Long sleeve shirt	Sun hat
<b>Sleeping</b>		
Sleeping Bag and stuff sack	Sleeping pad	Stakes
Pillow (optional)	Ground cloth/footprint	50' Paracord
<b>Cooking</b>		
Stove (patrol item)	Sierra cup (or equivalent)	Paper Towels
Fuel/Gas canisters	Eating utensils (plate, fork, knife, spoon)	Scrubber
Matches or fire starter	Biodegradable soap to clean	Aluminum foil
Backpacking pots, pans, spoon	Plastic Trash Bags (at least two)	Spatula (optional)
<b>Personal</b>		
Toothbrush and paste	Toilet paper – backup only	Shampoo, soap (for shower)
Brush/comb	Prescription glasses	Storage bags (zip loc)
Washcloth	Sun glasses	Fishing gear (optional)
Insect repellent	Towel to wash or beach (small)	
<b>Repair items</b>		
Duct tape (wrap around water bottle)	Sewing kit (patrol item)	Leatherman tool (optional)
<b>First Aid (should be in the personal first aid kit)</b>		
Band-Aids	Scissors (on pocketknife?)	Ace bandage
Latex or Nitrile gloves	Moleskin	Tick pliers
Alcohol wipes	Insect sting swabs	Tweezers
Chapstick		
<b>Crew/patrol items</b>		
Tent and fly (lightweight)	Water filter (one for group)	Sam splint (one for group)
2.5 gallon water cube (optional)		
<b>OTHERS</b>		
Medical Release Form (ALL)	Camera	GPS (adult leaders)
Prescriptions	Pencil Pen Paper	Cell phone (adult leaders)
Day pack/fanny pack	“Cooler” bag for frozen items	

NOTE: Carry a poncho in a day pack on the boat separate from gear for skiff ride to shore.