

## Troop 57 Day Hike Packing List

Should be kept in a backpack or bag that can be carried easily.

- Compass
- Whistle on lanyard or rope
- Rain gear (poncho)
- Water bottle (1 quart)
- Emergency food (Nutri-grain bar or power bar; GORP)
- 50 feet of nylon rope (1/4 or 3/8 of an inch in diameter)
- Matches (or flint and steel) in a waterproof container w/Fireman Chit
- Fire starters (Lint, paper, bark)
- Pocket knife w/ Totin' Chip
- Small roll of toilet paper or tissues
- Personal first aid kit with: Band-Aids, triangular bandages, scissors, tape, tweezers, gloves, 4x4 bandages, Q-Tips, soap, antiseptic, and gauze.
- Flashlight w/fresh batteries
- Plastic/trash bags of assorted sizes
- Signal mirror
- Space/solar blanket
- Weather radio (optional)
- Sweatshirt/jacket (optional depending on weather)
- Extra socks (1 or 2 pairs)