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## SCOUT - TEN ESSENTIALS

A Scout (or Scouter) should have these with them on every outing.

### 1. Personal First Aid Kit

The Scout Handbook contains items for a small personal **First Aid Kit**, including band aids, moleskin, antiseptic, pads and tape.

### 2. Pocket Knife

A small folding knife with a 2 1/2" blade will meet all of the Scout's needs. The blades should be stainless steel to prevent rusting. It is BSA policy that Scouts **not** carry sheath type knives (non-folding blades).

### 3. Extra Clothing

Scouts generally wear some version of their uniform (usually a tee shirt on outings) and might need one full set of additional clothing for changing if necessary – especially on an overnight outing. A warm sweatshirt is usually a good idea. Avoid cotton if possible.

### 4. Flashlight

Think small. The batteries should be long-lasting type, and the Scout should always carry spare batteries and a spare bulb – or two small flashlights.

### 5. Water Bottle

A wide mouthed bottle works best. Small mouth bottles or canteens present many problems on long term hikes, and should be avoided.

### 6. Rain Gear

A hooded poncho is very useful. Inexpensive plastic ponchos are a good choice for weekends, but on long term backpacking trips, you need something more substantial.

### 7. Suntan Lotion

Doctors usually recommend at least an SPF of 15 or more.

### 8. Emergency food

Candy, granola bars, power bars, or other transportable foods are always nice to have.

### 9. Matches (a big box)

Usually matches can only be used by Scouts who have their Firem'n Chit card.

### 10. Compass. Nothing expensive

Maps of the area will usually be provided by the Troop or adult leaders.