

1st Portland Estates Camping Kit List (29 September 2009 Version)

IMPORTANT

- Label all items with Cubs' name
- Avoid cotton because the person wearing it will get very cold very fast when it gets damp or worse wet

Basic Kit - mandatory

- 2 tuques
- 2 sets of Thermal long underwear - top and bottom – such as polyester and other synthetic blend - not cotton
- 2 pairs of underwear
- 2 plastic grocery bags
- 2 pairs of thermal socks – such as wool, Isofill, or other synthetic blend - not cotton
- 2 sweatshirts – such as polyester fleece - not cotton
- 2 pairs of sweatpants - such as polyester fleece - not cotton
- 1 pair of snow pants
- 1 Insulated winter coat - with hood - water proof
- 2 pairs of insulated gloves or mittens - water proof
- 1 pair of snow boots - water proof
- 1 pair of indoor shoes
- 1 Day pack (knapsack)
- 1 Water bottle
- 1 Flashlight with batteries and spare set of batteries
- 1 Sleeping bag
- 1 Pillow
- 1 Pijama
- 1 8x10 waterproof tarp
- 1 Toiletry kit - soap, toothpaste, toothbrush, comb, towel, and face cloth
- 1 Survival / First Aid Kit (separate list)
- 1 Duffle bag

For sleeping outdoors - in addition to basic kit - optional

- 1 Sleeping tuque - tie under the chin - not cotton
- 1 set Thermal underwear - top and bottom - not cotton
- 1 pair of thermal socks - not cotton
- 1 sweatshirt - such as polyester fleece - not cotton
- 1 pair of sweatpants - such as polyester fleece - not cotton
- 1 Sleeping bag rated for -15 (instead of the one in basic kit) - may need separate fleece liner to achieve temperature rating
- 2 Ground foam pads at least ½ in each or one Thermarest pad
- 1 Bag to put all of these items in and to keep them separate from Basic Kit

Survival / First Aid Kit - mandatory

- 10 Band aids - various sizes
- 1 Compass
- 1 Box of water proof matches
- 1 Contact card - with names and phones numbers for emergency contacts and physician
- 50 ft of ¼" nylon rope
- 10 Q-tips
- 5 Alcohol swabs
- 2 ft of tin foil
- 1 Small signaling mirror
- 1 pair of medical gloves
- 1 25cents piece or phone call
- 1 small bobbin of thread
- 1 sewing needle
- 2 Granola bars (nut free)
- 1 Triangle bandage
- 1 Pencil - with 10 ft of orange duck tape wrapped around it
- 1 Pea less whistle - fox 40
- 1 small Notepad
- 1 Candle
- 1 pair of Tweezer
- 1 Orange garbage bad
- 3 Safety pins
- 1 Waterproof / sealed container to put content