

**Troop 4 Personal Gear List**  
**Beach Camping Weekend Load**  
**Version October 30, 2018**

**The 10 Essentials**

- Pocket Knife with Tot'n Chit Card
- Personal First Aid Kit
- Extra Clothing
- Rain Protection
- Water Bottle (very important)
- Headlamp with Red Lens/Flashlight
- Trail Food (Bars or Trail mix)
- Flint & Steel/Weatherproof Matches
- Hat/Sunglasses/Sunscreen (SPF 30+)
- Compass/Whistle/Mirror

**Important Gear**

- Scout Handbook in Jacket with Pen
- Small Pocket Notebook & Pencil
- Wristwatch
- Weather Report (printed)
- Hiking Boots (or good tennis shoes)

**Packs**

- Hiking Style Backpack or Duffel Bag
- Small Daypack (for day hikes)

**Clothes**

- Class A Uniform (shirt, neckerchief, slide, pants, and hat)
- Class B Uniform Shirt (x2)
- Convertible Pants & Belt (x1)
- Underwear (x2)
- Socks (x2)
- Sleeping Clothes (aka Pajamas)
- Swimming Trunks (if appropriate)
- Jacket or Sweatshirt (for the evening)
- Bandana (always useful to have around)
- Dirty Clothes Bag

**Toiletries**

- Toothbrush, Toothpaste & Floss
- Personal Medications
- Toilet Paper Wad in Ziplock Bag
- Washcloth

**Dining**

- Mess Kit (Plate, Fork, Knife, Spoon and Cup)
- Recipes (for cooks)
- Snacks (gorp, granola bars, jerky, etc.)

**Misc. Gear**

- Insect Repellent (if appropriate)
- Games (optional: cards, etc.)

**Sleeping Gear**

- Sleeping Bag
- Ground Pad or Inflatable Mattress
- Small Camp Pillow (optional)

**Camp Gear**

- Small Collapsible Chair or Camp Stool (optional)
- 2-Man Tent (If assigned to bring by Patrol Leader. No 1-man tenting)

**Suggested Beach/Surfing Gear**

- Beach Towel
- Flip-Flops
- Wet Suit
- Mask & Snorkel, Fin
- Boogie Board
- Surf Board
- Football
- Frisbee