



## Cub Scout Hiking Essentials

- **Backpack** – Book bag is fine. Just enough to hold the following.
- **Proper Attire** - Bring extra clothing to match the weather. Multiple layers are better than a single massive jacket, because layered clothing is adaptable to a wide range of temperatures **Rain gear** is very important. Rain can come in a hurry, and getting your clothes drenched is more than just uncomfortable, it can lead to hypothermia, a potentially fatal condition.
- **First Aid Kit** A kit should include a few adhesive bandages, some moleskin (a sticky bandage that you can put over a blister to keep it from getting worse or rubbing), and a bandage or two.
- **Filled water bottle** Make sure it is big enough to carry water for you to drink through your whole hike and back. And make sure it is full when you start out! It is not safe to drink water you find along the trail.
- **Flashlight** Check your batteries to make sure they have plenty of juice. Your flashlight will be used only in an emergency, so save the batteries for times when you really need them!
- **Trail food** Trail mix or a granola bar provides quick energy when you need it.
- **Sun Protection** Sunscreen should be SPF 30 or greater. A hat is good to have, too!
- **Whistle** It's only for emergencies, but a whistle will last longer than your voice.
- A **pocketknife or multitool** can be handy in a wide variety of situations. It's useful for tasks as large as building an emergency shelter or lighting a campfire with poor fuel, or as small as repairing a damaged backpack. Keep your knife sharp and clean, and don't forget to first earn your Whittling Chip (for older Cub Scouts) or Totin' Chip (for Boy Scouts).
- **Have Fun**
- **Buddy System** at all times – we will review before the hike

### Other items to consider:

Toilet paper	6' Rope
Watch	Hat
Camera/Phone	Notebook
Pen or pencil	Sunglasses
Whistle	Insect repellent
Hiking stick or trekking poles	Scout book
Map and compass	Matches and/or a fire starter

