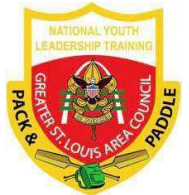


**NATIONAL YOUTH LEADERSHIP TRAINING (NYLT)
PERSONAL EQUIPMENT CHECKLIST
Pack and Paddle Addendum**



For Courses at Greater St. Louis Area Scouting Camps
S-F Scout Ranch-Camp Sakima

Pack and Paddle (P&P) is facilitated outside of the traditional base camp - in the “back country”, therefore P&P participants have additional gear needed. Additionally, please note there are a few items from the previous list not

PACK AND PADDLE SPECIFIC PERSONAL EQUIPMENT LIST (in addition to previous list):

- | | |
|--|--|
| <input type="checkbox"/> Hiking Socks (synthetic preferred; three pair recommended minimum) | <input type="checkbox"/> Pack Cover |
| <input type="checkbox"/> Water Shoes (feet get wet during paddle portion) | <input type="checkbox"/> Small Daypack |
| <input type="checkbox"/> For underclothing (3 sets minimum, synthetic preferred) | <input type="checkbox"/> Sleeping Pad |
| <input type="checkbox"/> Rain gear (jacket is best) Rain pants are optional | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Warm layer (chilly mornings & evenings – fleece hat/light fleece top) | <input type="checkbox"/> Swim Suit (for Swim Test) |
| <input type="checkbox"/> BACKPACK – Internal or External frame backpack (40L capacity, minimum) | |
| <input type="checkbox"/> Bowl, cup, and spoon/sport – for backpacking/reusable | |
| <input type="checkbox"/> Additional Water Bottles (2-3 needed, WIDE mouth Nalgene type – 1 liter capacity) | |
| No “sippy tops” or sport tops. Bottles must be transparent/see through | |

Optional Items:

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> Small travel/inflatable pillow | <input type="checkbox"/> ChapStick |
| <input type="checkbox"/> Extra Ziploc bags/trash bags
(rain protection for backpack & gear) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> portable backpacking camp chair/stool | |

ITEMS FROM PREVIOUS LIST NOT NEEDED FOR PACK AND PADDLE PARTICIPANTS:

- Personal Tent (only needed for land based participants)
- Bulky camp chair (P&P have option to bring backpacking chair/stool)
- Cot (P&P have option to bring sleeping pad)

PACK ALL YOUR GEAR IN AN EXTERNAL OR INTERNAL FRAME BACKPACK WITH SUFFICIENT ROOM TO INCLUDE THE ADDITION OF GROUP FOOD AND GEAR. OFFICIAL BOY SCOUTS OF AMERICA UNIFORM PARTS ARE ACCEPTABLE. IT IS BEST TO PACK ALL CLOTHING AND PERSONAL GEAR IN LARGE ZIP-LOCK BAGS INSIDE YOUR PACK TO PROTECT AGAINST WEATHER. YOU WILL BE ABLE TO LEAVE AN EXTRA SET OF CLOTHES AT BASE CAMP IF DESIRED