**PADDLING OUTING**
- PFD (a.k.a. life jacket)
- Paddle
- Lightweight rain gear
- Sunglasses with strap
- Sunscreen, non-oily cream
- Water bottle with clip
- Swim trunks
- Wide-brimmed hat
- Towel
- Baby powder or Gold Bond (to cut down on chafing)
- Insect repellent
- Flip flops
- Fishing license

**PADDLING EXPERT ESSENTIALS:**
- Dry bag
- Dry box
- Fishing hat
- Polarized sunglasses

**2 THINGS YOU DIDN'T KNOW YOU NEEDED:**
- Lightweight long-sleeve shirt and long pants
- Dive booties

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**THE SCOUT OUTDOOR ESSENTIALS**
They’re called Essentials for a reason. Every packing list starts with these items.
- Pocket knife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches and fire starter
- Sun protection
- Map and compass

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**KEEPING CLEAN**
- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper
- Trowel for digging cathole latrines

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**COOKING/EATING**
- Large plastic cereal bowl or kitchen storage bowl
- Spoon
- Cup or Insulated mug
- Water treatment system
- Backpacking stove with fuel
- Large pot and lid (2.5- or 3-quart size)
- Small pot and lid (1.5- or 2-quart size)
- Lightweight frying pan (10 to 12 inches in diameter)
- For melting snow, add one large pot and lid (6 to 10 quarts)
- Hot-pot tongs

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**EXTRAS**
- Watch
- Camera
- Notebook
- Pen or pencil
- Sunglasses
- Small musical instrument
- Swimsuit
- Gloves
- Whistle
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear
- Animal identification books, plant keys, geological studies, star charts etc.