



**Troop 577 Summer Gear Checklist (Field Uniform **MUST** be worn to and from all events)**

	Item Description		Item Description
<input type="checkbox"/>	Tent (Scout or Troop Supplied)	<input type="checkbox"/>	Swimming Trunks
<input type="checkbox"/>	Fifteen Degree Sleeping Bag	<input type="checkbox"/>	Towels (drying and wash cloth)
<input type="checkbox"/>	Sleeping Pad (not inflatable vinyl)	<input type="checkbox"/>	Soap
<input type="checkbox"/>	Pillow (recommended)	<input type="checkbox"/>	Toothbrush and Toothpaste
<input type="checkbox"/>	Flashlight and Extra Batteries	<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Water Bottle or Canteen	<input type="checkbox"/>	Comb or Brush
<input type="checkbox"/>	One Gallon of Water (as required)	<input type="checkbox"/>	First Aid Kit
<input type="checkbox"/>	Compass	<input type="checkbox"/>	Medicines (as required)
<input type="checkbox"/>	Pocket Knife or Multi-Purpose Knife	<input type="checkbox"/>	Insect Repellent (suggested)
<input type="checkbox"/>	Whistle	<input type="checkbox"/>	Sun Screen Lotion (suggested)
<input type="checkbox"/>	Mess Kit (plate, bowl, cup, fork, knife and spoon)	<input type="checkbox"/>	Tote'n'Chip Card
<input type="checkbox"/>	Waterproof Rain Gear	<input type="checkbox"/>	Fire'm'Chit Card
<input type="checkbox"/>	Sweater or Sweatshirt	<input type="checkbox"/>	Sunglasses (optional)
<input type="checkbox"/>	Two pair of pants or shorts (one is extra)	<input type="checkbox"/>	Day or Fanny Pack (as required)
<input type="checkbox"/>	Activity Shirt (Class "B")	<input type="checkbox"/>	Camera (optional)
<input type="checkbox"/>	Three shirts (one is extra)	<input type="checkbox"/>	Watch (Required)
<input type="checkbox"/>	Three pairs of underwear (one is extra)	<input type="checkbox"/>	Folding Chair (optional)
<input type="checkbox"/>	Three pairs of socks (one is extra)	<input type="checkbox"/>	Scout Handbook (required)
<input type="checkbox"/>	Hiking Boots	<input type="checkbox"/>	Merit Badge Books (as required)
<input type="checkbox"/>	Tennis or other closed-toe shoe	<input type="checkbox"/>	Merit Badge Cards (as required)
<input type="checkbox"/>	Troop Hat	<input type="checkbox"/>	Notebook (as required)
<input type="checkbox"/>	Appropriate Medication (As required)	<input type="checkbox"/>	Pen and/or Pencil (as required)

**This list assumes a two nights of camping. For a second night, add additional clothing as required.**

- The key to staying cool is very similar to the guide to staying warm, and that is to layer your clothing.
- Wear enough to keep you comfortable so that you don't overheat and sweating. Remove layers of clothing when you start getting too hot.
- Wear a hat and avoid dark colors when you are traveling through areas of direct sunlight. Put on an appropriate amount of sunscreen.
- Drink plenty of fluids to prevent dehydration
- Stay away from carbonated drinks.

## Troop 577 Winter Gear Checklist (Field Uniform **MUST** be worn to and from all events)

✔	Item Description	✔	Item Description
<input type="checkbox"/>	Tent (Scout or Troop Supplied)	<input type="checkbox"/>	Snow or Pac shoes (as required)
<input type="checkbox"/>	Zero Degree Sleeping Bag	<input type="checkbox"/>	Troop Hat
<input type="checkbox"/>	Sleeping Pad (not inflatable vinyl)	<input type="checkbox"/>	Ski Mask
<input type="checkbox"/>	Pillow (recommended)	<input type="checkbox"/>	Gloves or Mittens
<input type="checkbox"/>	Flashlight and Extra Batteries	<input type="checkbox"/>	Scarf (recommended)
<input type="checkbox"/>	Water Bottle or Canteen	<input type="checkbox"/>	Towels (drying and wash cloth)
<input type="checkbox"/>	One Gallon of Water (as required)	<input type="checkbox"/>	Soap
<input type="checkbox"/>	Compass	<input type="checkbox"/>	Toothbrush and Toothpaste
<input type="checkbox"/>	Pocket Knife or Multi-Purpose Knife	<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Whistle	<input type="checkbox"/>	Comb or Brush
<input type="checkbox"/>	Mess Kit (plate, bowl, cup, fork, knife and spoon)	<input type="checkbox"/>	First Aid Kit
<input type="checkbox"/>	Cold Weather Jacket with hood	<input type="checkbox"/>	Medicines (as required)
<input type="checkbox"/>	Waterproof Rain Gear	<input type="checkbox"/>	Insect Repellent
<input type="checkbox"/>	Thermals	<input type="checkbox"/>	Sun Screen Lotion
<input type="checkbox"/>	Sweater or Sweatshirt	<input type="checkbox"/>	Hand / Foot Warmers
<input type="checkbox"/>	Two pair of pants (one is extra)	<input type="checkbox"/>	Tote'n'Chip Card
<input type="checkbox"/>	One pair of water resistant pants	<input type="checkbox"/>	Fire'm'Chit Card
<input type="checkbox"/>	Activity Shirt (Class "B")	<input type="checkbox"/>	Sunglasses (optional)
<input type="checkbox"/>	Three shirts (one is extra)	<input type="checkbox"/>	Day or Fanny Pack (as required)
<input type="checkbox"/>	Three pairs of underwear (one is extra)	<input type="checkbox"/>	Camera (optional)
<input type="checkbox"/>	Three pairs of socks (one is extra)	<input type="checkbox"/>	Watch (required)
<input type="checkbox"/>	Hiking Boots	<input type="checkbox"/>	Folding Chair (optional)
<input type="checkbox"/>	Cross Training shoe	<input type="checkbox"/>	Scout Handbook (required)
<input type="checkbox"/>	Notebook and Pen and/or Pencil (as required)	<input type="checkbox"/>	Merit Badge Books / Cards (as required)

This list assumes a two nights of camping. For a second night, add additional clothing as required.

- The key to keeping warm is to follow the C. (Clean) O. (Overheat) L. (Layering) D. (Dry) guidelines and to drink plenty of fluids. If your clothes are clean and dry, they will breathe better and you'll stay warmer. If you overheat, your clothes will be wet and you will easily chill.
- Layering your clothes will keep you clean, warm and dry and will prevent overheating. If you start to feel warm, simply remove a layer of clothing. If you start to feel cold, add another layer of clothing.
- An example of proper layering starting from the layer closest to your skin on the upper half of your body would be thermal top, t-shirt, shirt, sweater and jacket. For your head, a scarf and a ski hat.
- For the lower half of your body start with thermals, underwear, pants and water and/or wind resistant pants.
- For your feet, thin, breathable socks, wool socks, boot and pac/snow boots.