

Cook Forest Suggested CHECKLIST

thing – scouts will be hiking half the day and canoeing the other half plus a change for around camp.

Swim Trunks or shorts -for canoeing or something that can get wet just in case

Hiking boots and Socks – two pair are best when hiking, a light under pair and a heavy over pair, only if their boots are big enough

Shoes or sandals – something that can get wet

RAIN COAT, HAT, SWEATSHIRT– it will be cool in the evening

Lunch pack – to carry lunch and water on the hike plus some small gym bag or duffle to use for switching gear at noon.

COOLING BAG – It is still cool at night!

FLASHLIGHT - with fresh batteries

Water bottle – for the hike and for the canoe trip

MESS KIT - containing plate, bowl, cup, spoon, knife, fork

containing soap, comb, washcloth, towel, toothbrush, toothpaste

PONCHO OR RAIN GEAR – It could be a wet weekend!

Typically this time of year kids are warm running around during the day, but get cold in the evenings when they settle down. When in doubt pack something extra.

- Mark everything with your name!
- Packing items in individual plastic bags helps make sure they will be dry.
- Radios, food, especially food, should stay at home. There will be plenty to eat.