

PERSONAL CAMPING CHECKLIST

Basic Essentials

- Pocketknife
- Personal first-aid kit
- Extra clothing, socks especially
- Rain gear
- Water bottle
- Flashlight
- Matches / firestarter
- Sun protection
- Compass

Sleeping gear

- Compact sleeping bag in a stuff sack
- Sleeping pad
- Stuff sack for a pillow

Mess kit

- Fork & spoon
- Mug or bowl
- Plate

Personal kit

- Toothbrush & toothpaste
- Dental floss
- Comb or brush
- Soap
- Camp towel
- Biodegradable toilet paper
- Small trowel
- Watch
- Prescription eyewear (if needed)
- Medications (if needed)

Clothing & Rain gear

Bring clothing appropriate for the variable weather of March in Oklahoma. Plan for rain, cold, sunny and mild weather. Several thin layers are better than one or two thick layers. Remember that cotton (including denim) stays cold when it is wet and is slow to dry. Bring at least 4 pairs of non-cotton hiking socks. Rain gear, including a jacket, hood and rain pants, is critical. Hiking boots must be broken-in prior to the trek. Sneakers or cowboy boots are not substitutes for hiking boots!

Backpack

Backpacks must have an internal or external frame with a hip belt. No bookbags. If you need a backpack, please indicate this on the registration form.

Shared gear

It will be necessary for many participants to bring a backpacking tent and trail stove. Please indicate your ability to bring these items on your registration form.



Uniform

We will conduct a ceremonial campfire (at base camp) where participants should wear identifying clothing of their program, such as a Boy Scout uniform, Venturing uniform, Camp Fire ceremonial gown or Camp Fire shirt, Girl Scout vest or shirt.

Health Forms

All participants must submit a BSA Health form, parts A, B & C, by March 1. This form requires a physician's signature and sports-style physical exam, and the physician must approve you to participate in strenuous high-adventure activities. Keep a copy for yourself.

Upon arrival in camp, everyone is given a private medical screening by a physician, health officer, or other adult approved by the camp physician. The Camp Director and appropriate staff members are informed of campers with limitations or special needs. Dispensation of prescription medications will be monitored by an adult.

Any camper, youth or adult, who does not submit a current and completed Annual Health and Medical Record, No. 680-001, with Parts A, B, and C will be required to leave within 24 hours. There is no fee refund.

"Go light; the lighter the better, so that you have the simplest material for health, comfort and enjoyment."

-Messmuk

What not to bring

Do not bring alcohol, firearms, tobacco, fireworks, illegal drugs, video games, large flashlights, fixed-blade knives, excessive grooming products, highly odorous products, or excessive amounts of candy. Clothing with inappropriate language or graphics will not be permitted.

Electronic devices are highly discouraged. Mobile phones may be brought and locked up at base camp while we are on the trail.

Items we will provide for the trek:

- Meals
- Water purification tablets
- Cooking equipment
- Pen and note pad
- Diamond H Shirt or Hat (choice)
- Recognition items



- Two GPS units per crew
- One dining fly per crew
- Specialized equipment for activities