

QSA 172 General Pack Check List

Please use this list as a guide line only. For more details please ask your section leader

Clothing & Footwear

	Sleeping gear (warm pyjamas, toque, socks - all separate from regular clothes)
	Indoor shoes / Slippers
	Waterproof hiking boots (spring/summer/fall) (old running shoes should not be worn)
	Waterproof snow boots (late fall/ winter) plus 1 spare pair of felt liners or extra boots
	Winter jacket & snow pants (late fall/winter/ early spring) 1 extra snow pants in winter
	Gaiters (all seasons) (Optional)
	Wide-brim hat (spring/summer/fall)
	Toque (fall/winter/spring)
	2 pair waterproof insulated mitts or gloves (winter); light mitts or gloves (spring/fall)
	Rain jacket & pants (spring/summer/fall)
	Light jacket/windbreaker (spring/summer/fall)
	Spare shoes for cook-house or emergency
	Sweatshirts - one (fall/winter/spring)
	T-shirts - one per day
	1 long sleeve shirt
	Pants - one per day
	1 sweater or polar fleece
	1 pair long underwear (winter)
	Underwear - one per day
	Socks - 2 pair per day
	Swimming suit & towel (depending on camp location) (summer)

Supplies

	Toiletries: soap / towel / facecloth / brush or comb / toothbrush / toothpaste / chap stick
	Toilet paper and Kleenex
	Insect repellent (spring/summer/fall)
	Sun screen
	Sun glasses
	Kitchen kit (cutlery/dishes/mug/dishcloth/tea towel/dish soap) in a bag per person
	Water bottle (wide mouth in winter)
	Sleeping pad or foamy
	Sleeping bag warm (appropriate for season) with liner or blanket - (-25 min. for winter or -20 with liner)
	Pillow
	Favorite Stuffie (small)
	Flashlight with extra batteries
	3 large garbage bags

For those more experienced

	Bear bag for food
	Cooking pots & pans
	locking blade knife
	Waterproof matches
	Ground sheet for inside tent (aluminized)
	First aid/survival kit (includes compass)
	Day Pack
	Knot tying rope
	Pencil and Note book