

LENHOK'SIN PERSONAL EQUIPMENT CHECKLIST

- 1 pack and frame fitted to your body with a padded hip strap
- 1 pack cover/waterproof bag
- 25 ft of 1/8 inch nylon cord for packing, tentage, bear bag, etc.
- 1 backpacking tent (one per two crew members) in two stuff sacks or
- 1 hammock with rain fly (optional)
- 1 sleeping bag in waterproof bag in stuff sack
- 3 plastic trash bags (tall kitchen size)
- 1 waterproof ground cloth (at least 3-mil plastic)
- 1 sleeping bag and pad
- 1 small reliable flashlight with fresh batteries
- 1 pair well broken in hiking boots/ or soft-side hiking shoes with sturdy/new laces
- 1 pair spare laces
- 1 pair water shoes/sandals/sneakers
- 6 pairs wool/polypropylene socks
- 1 pair long trousers/sweat pants
- 1 pair walking shorts
- 2 T-shirts
- 3 underwear
- 1 long sleeve shirt
- 1 wool sweater/fleece pullover/warm jacket
- 1 poncho/rain suit (your choice)
- 1 web belt
- 1 swim suit
- 1 set of caving clothes and belt (OLD and suitable for 50 degrees weather underground); old boots or sturdy sneakers ★
- 1 Scout knife (no sheath knives)
- 1 compass (Silva or equivalent)
- 1 Roll of toilet paper
- 1 quart-sized ziplock bag for topographic map
- Spare pack-to-frame (clevis) pins
- ½ bar of soap in plastic bag
- 1 toothbrush, tooth paste, and dental floss
- 1 small towel
- 2 plastic water bottle (1 quart each)
- 1 spoon, deep plate and cup (Sierra cup ideal)
- 1 small insect repellent (can be shared)
- Sunscreen lotion (higher spf better)
- COMPLETE CLASS A UNIFORM; include Scout socks and belt; worn for meals, church, and campfires at *base camp*. May be left in storage during week on the trail.

Optional Equipment

- Camera and film
- Notebook and pen
- Sunglasses
- Binoculars
- Handkerchiefs
- Spice kit
- Instant coffee/tea
- Bandana
- Binder Clips (2)
- Hiking Stick
- Camel Back –type water container
- Day Pack

★ Caving clothes are not carried on the trail. They are delivered to the caving base campsite by the Lenhok'sin staff. These items packed separately and clearly marked with the unit number prior to departure from base camp. All caving clothes for the crew must be packed in one container.