

## W.E.S.T. - Packing List

The following is a recommended list of what all participants should plan on bringing in order to fully enjoy their time at WEST. Tents will be provided by the camp, but everyone is welcome to bring their own tents if they would like.

Please remember that no vehicles are allowed into campsites. All gear must be carried in by hand. Please plan and back accordingly.

- Pillow
- Warm Sleeping Bag
- Clothing
  - o 1-2 T-Shirts
  - o 1 Long Sleeve Shirt
  - o BSA Uniform
  - o Fleece and/or Sweater (avoid cotton sweatshirts)
  - o Outer Jacket
  - o 1 Pair Long Pants
  - o 1-2 Pairs of Shorts (nylon works well)
  - o 2+ Pairs of Socks (preferably wool)
  - o Underwear, Socks, & Pajamas
  - o Long Underwear & Stocking Cap/Beanie (for those who get cold easily)
  - o Swimsuit & Swim goggles
  - o Rain Gear (should cover head to toe, poncho alone is inadequate)
  - o Hat (broad brim is best)
  - o Belt
  - o Walking Shoes or Hiking Boots (break in before summer camp)
  - o Sneakers (for backup and games)
- Day Pack
- Water Bottle
- Headlight and/or Flashlight (with extra batteries)
- Mess kit (Plate, Bowl, Eating utensils, Cup/Mug)
- Insect Repellent
- Sunscreen
- Sunglasses and/or Eyeglasses
- Notebook
- Pens and/or Pencils
- Personal First Aid Kit
- Toilet Kit - Toothbrush, Toothpaste, Comb, Shampoo, Soap, Lip Balm, etc.
- Alarm Clock and/or Wristwatch
- Medical Form (completely filled out and signed before camp)
- Medications (in original container)
- Small Camera
- Spending Money (in a wallet with name)
- Cot and/or Pad (cots and pads are not provided)

The following items are *not* allowed at camp:

Firearms, BB guns, ammunition, Archery equipment, and Sheath Knives, Valuables or Irreplaceable Items, Electronic Games or Personal Music Players, Items (including clothing) with inappropriate slogans or logos, Pets, Alcoholic beverages, Illegal drugs, and Fireworks, Self-contained stoves and lanterns