



# AQUABASE PACKING LIST

## BSA MEDICAL FORMS (PARTS A, B, and C) BSA SWIM TEST CERTIFICATION (optional)

### Clothing

- Official BSA Field Uniform - defined as 1 tan BSA shirt and 1 pair green shorts with belt or Crew/Ship uniform as applicable
- Scout related t-shirts (4-5 recommended)
- Swim Trunks (2 pair minimum)
- Nylon shorts (2 pair minimum)
- Underwear (non-cotton)
- Hard soled water shoes or close-toed sandals
- Sleeping clothes
- Socks (if appropriate)

NO open-toed shoes are allowed!

### Clothing - Outer Layer

- Lightweight rain gear
- Windbreaker
- Brimmed hat (baseball caps will blow off!)
- Bandana(s)

### Sleeping Gear

- Sleep sheet or very lightweight sleeping bag
- Pillow - small backpacking style

### General Gear

- Personal mess kit
- Nalgene-style water bottle with carabiner clip (do NOT bring a metal water bottle!)
- Polarized sunglasses with neck cord
- Disposable waterproof camera
- 2 towels / 2 wash clothes (light weight = faster dry time)
- Watch
- Headlamp with batteries
- 30-50 feet of paracord
- 4-6 carabiners (cheap kind)
- Extra spending money

### Personal Gear

- Lotion/sunscreen
- After burn care for sunburn - NOT optional!
- Lip balm
- Toothbrush/paste
- Deodorant
- Swimmers ear drops if needed
- Medicated powder (ex: Gold Bond)
- Glasses/contacts if applicable
- Neck cord if you wear prescription eyeglasses

- Mirror
- Razor/shaving cream (if appropriate)

### First Aid Kit

- Insect bite stick
- Insect repellent
- Acetaminophen/ibuprofen
- Chapstick
- Band-aids
- Q-tips
- Tweezers

### Optional Items

- Book/reading material
- Pocket guide (I.D. Guides for trees/plants/fish)
- Cards/games
- Camp chair
- Notebook/journal and pen/pencil
- Personal PFD

### WHAT NOT TO BRING

- Electronic gear
- Includes: Cell phones, mp3 players, iPods, video games, radios, TV's, mp3 players, etc
- Hard shell suitcases, plastic totes, etc.
- Coolers
- Soft drinks
- Glass jars/bottles
- Laser printers
- Sheath knives (non-folding knives) small pocket knives are fine
- Fireworks of ANY kind
- Cigarettes, lighters, hot sparks or matches
- Alcohol

NOTE 1: Due to all of the rigging (wires/rope), sails and people, we ask that you not bring fishing gear.

NOTE 2: Cabin space is extremely limited. Only one medium (24"-28") duffel bag is permitted per person! Do not bring plastic totes, hard-shelled suitcases, framed backpacks or wheeled bags.

NOTE 3: Don't forget the sunburn gel! Blue gel or the green gel - your choice. Generally, the blue kind has some form of lidocaine, which is a mild anesthetic.

NOTE 4: Please plan on arriving between 2PM and 3PM on Sunday afternoon.