

VENTURING CREW 1074 PERSONAL GEAR CHECKLIST — SUMMER OVERNIGHT

OUTER WEAR

- Light fleece jacket/pullover
- Rain jacket/poncho
- Rain pants (optional but recommended) (1 pair)
- Sunglasses (optional but recommended) (1 pair)

MIDDLE LAYER CLOTHING

- Shirts (2)
- Long pants (non-cotton stretchwoven: i.e., other than jeans)
- Shorts (non-cotton: i.e., other than jeans) (1-2)

BASE LAYER CLOTHING

- SJAC long-sleeve T-Shirt (microfiber)
- Extra T-shirt
- Underpants (ideally microfiber) (2)

FOOTWEAR

- Medium hiking socks (non-cotton) (2- 3 pairs)
- Light inner socks (2-3 pairs)
- Hiking boots or shoes (broken in)

SUSTENANCE

- SJAC water bottle (1 liter)
- Extra water bottle (1 liter)
- Spork
- Cup
- Bowl
- Plate
- Energy bar/snack

SURVIVAL

- Whistle (on lanyard)
- Compass
- Pocket knife (folding, with maximum blade length of 4")

LIGHTING

- Flashlight (1-2)
- Extra batteries (4)

MEDICAL

- Insect repellent (non-aerosol)
- Sunscreen (non-aerosol)
- First Aid Kit (personal/mobile)
- Any required medicines/medical devices (see Medical ASM)

HYGIENE

- Toiletry kit (keep it small)
- Hand/wash towel

BEDDING

- Sleeping bag (rated to 40 degrees F)
- Sleeping bag/liner (optional)

SHELTER

- Tent with fly
- Tent pegs
- Ground cloth