

Systems Approach	Boy Scouts of America References		
DF <sup>2</sup> HI <sup>2</sup> NSTW	Scout Basic Essentials, pg. 264	Personal Camping Checklist, pg. 292-293	Fieldbook, Ch. 13, pg. 193 - 215
<b>Direction</b>	Map & Compass Signal Mirror & Whistle	GPS USGS Map Title: Mt. Graham, AZ USGS Map MRC: 32109F7	
<b>Fire</b>	Matches & Fire Starters or Light My Fire Firesteel Scout	Stove & Fuel	
<b>First Aid</b>	First Aid Kit CPR Face Shield Small EMT Sissors Chap Stick	Chap Stick Toilet Paper & Trowel / plastic bag All purpose wipes Toothbrush, toothpaste, floss Soap; small towel; comb	Ace Bandage Hand Warmer Foot Warmer
<b>Hydration</b>	32 oz ~1L Nalgene Water Bottle Water Treatment Tablets	Water Bags (Camelback, Evernew, Platypus) Hydration Tube	Water Filter
<b>Insulation</b>	Extra Clothing	Clothing Appropriate for the season and weather Sleeping Bag Sleeping Pad Space All-Weather Blanket Clean, dry warm sox, wool cap or baclava for sleeping.	Basic Cold Weather Clothing, pg. 157 Long sleeved shirt & pants (fleece or wool) Sweater (fleece or wool) Long underwear (polypropylene or smart wool) Socks (wool or synthetic blend) Mittens or gloves (fleece or wool) with water resistant shell. Wool Scarf or baclava. Shell parka, Multi-sport winter boots Gaiters
<b>Illumination</b>	Head Lamp	Penlight, extra batteries	
<b>Nutrition</b>	Trail Food	Eating Kit (Spoon, plate, bowl, cup) Food for Trip Pots & Pans (matched to menu & dishwashing needs) Spatual, large spoon, and / or ladle (matched to menu needs) Clean up kit (dish drops, bleach drops, stainless steel pad, sponge) Trash Can Liners (use as a bear bag & packing out garbage)	Trek Provisions Planning Checklist, pg. 67 General Supplies, food containers & bags Breakfast & Dinner Foods Trail Foods, Seasonings Insulated mug that will retain heat of soup or hot drink that won't burn your lips.
<b>Sun Protection</b>	Hat, sunglasses, sunscreen (>15 SPF)	Aquaphor	
<b>Tools</b>	Pocketknife, daypack Watch, small notebook, pencil	Backpack, trek poles, Other gear for specific activities optional - camera, binoculars, solar panel battery charger	Snow shovel, Snow Saw Snow Shoes
<b>Weather protection</b>	Rain gear	Tent, ground cloth, and stakes. Small wisk broom. Tarp & 50 foot nylon cord	Icebox Igloo Maker

**Gearing Up: "Go light; the lighter the better, so that you have the simplist material for health, comfort and enjoyment."-Nessmuk , Woodcraft 1884)**