

**GOSHEN SCOUT RESERVATION
LENHOK'SIN HIGH ADVENTURE – CANOEING TREK PACKING LIST**

The items below are recommended for your Lenhok'sin Backpacking Trek. Quantities for crew gear may vary based on the size of your unit. Please label **all** personal items with your Name and Unit number.

Equipment Provided by Twin River Outfitters (to be returned at end of trek)		
Item	Description/Notes	Quantity
Canoes / Kayaks		
Lifejackets		
Paddles		
Helmets	For Class I and II rapids	
7-gallon water containers	1 gallon / per person / per day	
Dry Bags	Commercial Grade, NRS	As many as needed for your unit
Dry Box		1 per unit
Detailed River Map		1

Crew Gear – Shared by All		
Item	Description/Notes	Quantity
75 ft nylon rope	For bear bag hanging	1 - 2
Durable bear bags or bear cannisters	For food and smellable storage and hanging	1 - 2
Carabiner	For bear bag	1 - 2
Cooking Pots (1 – 2)	8 qt w/lid (For 'Philmont style cooking,' if you'd like to use that method.	1 - 2
Compass		1
Sewing Kit		1
Camping Stove	Equipment your unit is familiar with (e.g., MSR Whisperlite, Jetboil, etc.)	
Fuel Bottle w/ fuel	Appropriate for your unit's camping stove selection (e.g., white gas vs. propane)	
Crew First Aid Kit		1
Duct Tape		1
Spices, assorted		
Water purification / filtration system	Method your unit is familiar with. Enough for entire trek.	
Towel / Shovel		1-2
Multitool / hot pot tongs		1
Toilet Paper	Available at the Quartermaster	
Camp Suds	For cleaning cooking equipment	1
Lighter / matches	Waterproof recommended	

Personal / Individual Gear		
Item	Description/Notes	Quantity
Backpacking Backpack	At least 65 liters. Fitted to your body.	

Summit / Daypack (optional)	For side / day hikes	
Rainproof Pack Cover	Waterproof, or heavy duty garbage pack. Size appropriate for your backpacking backpack.	
Tent	2 person size recommended. Often shared by campers in "buddy pairs."	
Small Stuff Sacks	For storing clothing.	
Sleeping Bag	Lightweight. W/ compression sack.	
Sleeping Pad	Inflatable or foam	
Mess Kit (Plate, Bowl, Mug/Cup, Utensils)		
Water bottle / 1 qt.	Or hydration bladder	3 - 4
Pocket Knife / Multitool		
Flashlight / headlamp	W/ spare batteries	
Trekking Poles w/ rubber tips		

Clothing		
Item	Description/Notes	Quantity
Short Sleeve Shirt		3
Long Sleeve Shirt		1
Shorts		2
Long Pants		1
Underwear		6
Sports Bra		2
Socks	Wool or synthetic	6+ pairs
Sock Liners	Wool or synthetic	3 pairs
Belt		1
Sleep Clothes		1 set
Fleece jacket or Sweatshirt		1
Rain Jacket and Pants	Sturdy w / hood, breathable	1 set
Hiking Boots	Broken in prior to trek	1 pair
Camp Shoes / Sneakers		1 pair
Field Uniform	Worn during flag ceremonies	1
Ball Cap / Wide Brimmed Hat		1
Swimwear and water shoes	If attending aquatics outpost	

Toiletries		
Item	Description/Notes	Quantity
Toothbrush		1
Toothpaste	Travel Size	1
Lip Balm		1
Biodegradable Soap	Travel Size	1
Shampoo / Conditioner	Travel Size	1
Camp / Bath Towel	Quick Dry	1
Aquatics Towel	If attending aquatics outpost	1

Tampons / Pads		1
Personal Medication	Enough for entire trek, in original containers	1
Foot Powder		
Sunscreen	May consider sharing amongst crew	
Bug Spray	May consider sharing amongst crew	1

Other

Item	Description/Notes	Quantity
Scouting America Annual Health and Medical Record	Completed. Parts A, B, and C	2 copies
Sunglasses		1
Money		1
Watch		1
Camera		
Notebook / Pen		1
Whistle		1
Personal First Aid / Kit		1
Folding Camp Chair		1
Fishing rod / tackle		