WHAT GEAR TO BRING

Due to the daily paddling requirements necessary to complete the week-long program and the climate of South Louisiana in the late spring/early summer, the following items are recommended for all participants to bring with them in order to ensure an enjoyable experience in the Atchafalaya Swamp.

Remember, BE SELF-SUFFICIENT. Don't put yourself in the position of being dependent on others. Think and plan ahead about what you will do about having enough food and water. Keep a back-up snack and bottle of water in your boat, regardless of the group's plans.

Essential Gear:

These items are required in order to participate on the high adventure trek.

- Proof of age/photo ID (Copy of Birth Certificate or Government issue ID)
* Scouting America Membership Card
- Safety whistle
- FOUR (4) wide-mouth Nalgene 32 oz. water bottles
- 1 bottle non-oily sunblock and sunscreen (SPF 30+) Non-aerosal
- Pocket knife
- Flashlight or headlamp (red light capabilities)
- Compass
- 2 copies of BSA Health and Medical Forms and medical insurance information
* 1 roll of toilet paper in a zip-lock bag with the cardboard removed for easier storing
* Small Personal First Aid kit in waterproof container (ziploc bag is ok)

- ☐ Adhesive bandages (6)
- ☐ Sterile gauze pads (3”x3”) (2)
- ☐ Adhesive tape (1 roll)
- ☐ Moleskin (3”x6”) (1)
- ☐ Triple antibiotic ointment (1)
- ☐ Scissors (1)
- ☐ Tweezers (1)
- ☐ Latex-free gloves (1 pair)
- ☐ CPR breathing barrier (1)
- ☐ Pencil and paper (1)
- ☐ Sharpie

Paddling Gear:

- Quick dry clothes (2-3 short or long sleeve shirts and 1 pair of shorts) 30+ SPF recommended
- Lightweight zip-off long pants and long-sleeve shirt (Dark colors attract mosquitos)
- Hat (wide-brim recommended)
- Close toed water shoes
- Tennis shoes or boots
- Lightweight rain gear (pants optional)
- Sunglasses with strap (polarized are best)
- Insect repellent (containing 20% DEET)
- Water flavor enhancers (ie Powdered Gatorade, PowerAde,Liquid IV, etc)
- 1 quick drying towel
- 2 dry bags – 20 liters each (One trail bag, One Camp Bag)
- “Snack pack” – 5 days of trail snacks (beef jerky, trail mix, nuts, breakfast bars or power bars, etc)
  Note: Avoid snacks that will melt in the heat
- Freezer grade Zip-lock bags (sandwich and gallon sizes). Number dependent on amount of snacks.

Camping Gear:

- Queen sized cotton sheet or lightweight compact sleeping bag rated over 50° F
- Camp pillow
- Toiletry kit (tooth brush, tooth paste, biodegradable soap, toilet paper, deodorant, etc.)
  Note: Unscented soaps, shampoos, and deodorants will help reduce mosquitoes
- Mess Kit (plastic bowl, spoon, and fork)

Optional Items:

- Smartphone and phone dry bag for trek documentation purposes
- Camera (waterproof is optimal)
- Canoe seat
- Paracord, rope, or straps for securing gear and water bottles to the canoe
- Bandana, small towel, rag, or a Real X Gear – Xtreme Cool towel
- Paddling gloves
- Wristwatch
- Binoculars
- Extra money ($) for Swamp Base merchandise, souvenirs, or snacks at the end of the trek Swamp Base souvenirs can be purchased after the trek. Note: Keep money with you on the trail, so that souvenirs can be purchased
- Fishing gear – poles and bait box to be used at program areas

Health Items:

- Prescription medication
- EpiPen (if required through a prescription)