

Cub Scout Six Essentials

Review these items that each Cub Scout should carry in their personal gear when going on hikes or campouts. Suggest getting a small back pack or similar bag to organize the items and make them easy to carry without interfering with normal activities. Emphasize that these items are not intended for play and should be used only when needed.

- **First-aid kit**—adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
- **Water bottle**—filled and large enough to last until it can be filled again
- **Flashlight**—for emergency use only
- **Trail food**—can be made as a den activity prior to hike or campout
- **Sun protection**—sunscreen of SPF 30 or greater and a hat
- **Whistle**—also for emergency use only

