



High Adventure Sailing

on the Chesapeake

EQUIPMENT LIST

BSA Annual Health and Medical Form (Parts A, B and C) and Swim Test: Bring a copy of your medical form with you on Sunday. It must be valid and signed by a medical doctor. If you do not have it, you will not be able to take the swim test and you will not be able to board the boat. All crew members are required to pass the BSA Swim Test as a swimmer on Sunday in order to participate.

Clothing

- 2 Light Colored T-shirts
- 1 Long sleeve Light Colored T-shirt (for sun protection)
- 2 quick drying swimsuits (or nylon shorts that will serve as swim suits)
- 1 Light weight pants (wind pants or light cotton are recommended)
- 1 Light weight rain / wind gear
- 1 fleece sweatshirt or light jacket
- 1 nice casual shirt (for the Inner Harbor)
- 1 nice casual pair of shorts (for the Inner Harbor)
- underwear
- 2 pairs of socks (if desired)
- Boat Shoes (White, non-marking soles / able to be worn in the water / toe protection)*

* Aqua Socks and sandals are not acceptable as boat shoes.

Gear

- Small, soft duffel bags or book bags for gear (2 small bags are better than one larger one)
- 6 clothes pins
- 2 towels (1 Beach Towel & 1 small towel)
- Toiletry kit (soap, shampoo, tooth paste & brush, comb, deodorant, etc.)
- Personal medicines or supplies (i.e. prescriptions, inhalers, contact lens stuff, glasses)
- Ear Plugs (Recommended for light sleepers. 7 people will be sleeping in close quarters.)
- 1 sheet & blanket or a summer-weight Sleeping Bag
- Pillow (optional / berths do have cushions to sleep on, but no pillows)
- Camera (optional / recommend an inexpensive/disposable one in case it goes for a swim)
- Book or magazine to read for enjoyment
- Merit Badge Books (Small Boat Sailing, Oceanography, and Motor Boating)
- Blue merit badge cards, signed by Scoutmaster for each merit badge you'll be working on.
- Note pad and pen/pencil for journal and merit badge work

Sun-Protection (So important it has its own heading!)

- Hat for sun protection (Baseball cap with bandana to cover neck and ears works)
- Lip Balm with SPF protection
- Sunglasses (Floating strap recommended)
- Sunscreen (non-oil based recommended)

For use ONLY while at Rodney on (Sunday, Monday and Friday)

- Complete "Field" Uniform ("Class A")
- Flashlight
- Ground Pad / mattress
- Mosquito netting (recommended)
- Extra shoes / boots or clothing if desired
- Insect Repellent

<u>DO NOT BRING!</u>	<u>DO NOT BRING!</u>	<u>DO NOT BRING!</u>
	Glass jars or glass bottles or other breakables	
	Large Bags / Backpacks	
	Hard shell suitcases	
	Portable music players	
	Portable video game players	
	Hard shoes or heavy boots	
	Chairs or sleeping pads (except for time at Rodney Scout Reservation)	
	Eating or Cooking utensils or supplies (We'll supply them.)	
	Candles, matches, lighters, hot sparks, or anything else that burns or sparks	
	Knives, bow saws or other such camping implements. (We are cruising, not camping!)	
	Too Much Stuff (If in doubt, leave it at home.)	

