



Cub Scout “6” Essentials

Gather the following six essential items and keep with you during all outdoor scouting activities.

*It's important to **know** and **understand** why these items are essential.*

- 1) First-aid kit: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
- 2) Water bottle: filled and large enough to last until it can be filled again
- 3) Flashlight: for emergency use only; w/extra batteries
- 4) Trail food: can be made as a den activity prior to hike or campout
- 5) Sun protection: sunscreen of SPF 30 or greater and a hat
- 6) Whistle: also, for emergency use only

Remember, this is a basic list and your own essentials will be in addition to these if you have specific needs.