



## Frontier Adventure Camp PERSONAL EQUIPMENT CHECKLIST

### CLOTHING

- 1 Jacket (*optional*)
- 1 Sweatshirt
- 1 Poncho or raincoat with hood
- 2 pr. Jeans (military-type fatigue; cargo; or other work-type trousers) for camp wear
- 1 pr. Boots (or shoes) for outdoor activities [additional footgear is optional]
- 6 pr. Socks
- 4 Underclothing
- Sleeping gear (Pajamas or other)
- 1 pr. Sandals [shower shoes] [*optional*]

*No hat is needed;  
a special bandanna will be issued*

<ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping bag</li> <li><input type="checkbox"/> Water Bottle, Canteen or other water container</li> <li><input type="checkbox"/> <i>Sharp</i> pocket Knife or multi-Tool (w/sheath)</li> <li><input type="checkbox"/> <i>FCF</i> Handbook; <i>FCF</i> Workbook for the experience you're working towards (<a href="http://www.NationalFCF.org">www.NationalFCF.org</a>)</li> <li><input type="checkbox"/> Pencil and Pens (2 ea.)</li> <li><input type="checkbox"/> Small Bible</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Toiletry kit &amp; mirror (Ziplock bag)</li> <li><input type="checkbox"/> Toothbrush &amp; toothpaste</li> <li><input type="checkbox"/> Soap &amp; shampoo (body wash)</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Towels (washcloth)</li> <li><input type="checkbox"/> Sunscreen or Sunblock</li> <li><input type="checkbox"/> Insect repellent</li> </ul>
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Travel-size  
Toiletries

**NO** Tent is needed; shelter will be provided.  
**NO** Flashlights, electronics or food items allowed.

### ADDITIONAL ITEMS

<ul style="list-style-type: none"> <li><input type="checkbox"/> Sling bag to carry small items</li> <li><input type="checkbox"/> Sleeping foam pad/cot</li> <li><input type="checkbox"/> Pillow</li> <li><input type="checkbox"/> Bag for dirty clothes</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Personal First-aid kit (band-aids)</li> <li><input type="checkbox"/> Compact Sewing kit (<i>optional</i>)</li> <li><input type="checkbox"/> Lip Balm (Chapstick) (<i>optional</i>)</li> <li><input type="checkbox"/> Fingernail Clipper (<i>optional</i>)</li> </ul>
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### FCF ITEMS (ONLY IF YOU HAVE THEM)

<ul style="list-style-type: none"> <li><input type="checkbox"/> Knife</li> <li><input type="checkbox"/> Moccasins</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Traditional Frontier Calico Shirt</li> <li><input type="checkbox"/> Leather items (pants, shirt &amp; pouches)</li> </ul>
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