

# Woodruff Xtreme @ Woodruff/NOC

## Equipment List for “Woodruff Xtreme Scouts”

The Woodruff Xtreme program is for older Scouts who want additional outdoor challenges, both physically and mentally. Participants will leave Woodruff Tuesday morning and return Friday afternoon, staying at an outpost camp. You will be housed in platform tents with restroom/shower facilities nearby. You will paddle out and spend one night on an island on Lake Fontana. The program is for Scouts 14 and older, or who have completed the 8<sup>th</sup> grade.

### **For Base Camp @ NOC:**

Personal toiletries (Soap, Toothpaste, Toothbrush)

Three (3) changes of clothes

Towels (2)

Long pants – for climbing

Bathing suit / Rafting clothes

Tennis shoes / river shoes

Small trunk/lockbox (you might consider this if you have lots of valuables, maybe share with a friend)

Sleeping bag/Sleeping pad (if desired)

Camp shoes (sturdy)

Good Rain gear

Trail mix (NOT candy)

Note: Cook stove & cooking equip. will be provided.

### **For Survival Island @ NOC:** (keep compact – traveling by canoe/kayak)

Backpack/Small Duffle

Tent – lightweight or rain fly (optional)

Ground Cloth/Sleeping pad

Toilet paper

Flashlight, Matches

Plate, Cup, Spoon, Fork

Personal 1<sup>st</sup> Aid Kit

### **Do NOT bring:**

Large knives, hatchets, or axes

Avoid radios or other electronics

### **For Woodruff:**

Scout Uniform

Change of clothes

Extra Towel/toiletries