

MY BACKPACK FOR THE DAY

As you start your day, there are a number of items that you and your patrol should carry in your daypack. These are called "Safety Essentials." These items are:

1. World Jamboree ID World
2. Jamboree site map
3. Water bottle(s)
4. Sunscreen
5. Hat
6. Hand sanitizer
7. Lip balm with sunscreen
8. Rain gear or poncho
9. Personal first-aid kit
10. Flashlight

Depending on your plans for the day, you may want to carry other items such as insect repellent and extra snacks. Remember, there are some items that can be shared between your patrol members, such as sunscreen or hand sanitizer. Additionally, make sure to discuss with your buddy or patrol who is bringing what before leaving. Packing all the items you need in your daypack will keep you prepared for a fun-filled day.

MY HEALTH/SAFETY REMINDERS FOR THE DAY:

- Water! ¡Agua! L'eau! Water is the most important health and safety tool you have.
 - EVERYONE needs to wear sunscreen at the start of each day.
 - Wash your hands often. Most diseases are spread by touching dirty hands to food, cuts, eyes, nose, and/or mouth.
 - Do not approach or feed wild animals. Plants that cause rashes (Poison ivy, oak, sumac, and mountain laurel) are also common and should be avoided. Contact medical if you have come into contact with any of these.
 - Please note, adults and youth participants are not allowed to trade with each other. This is a Safe from Harm rule to ensure no young person owes something to another adult.
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