

The following is the equipment list that a new scout will need in order to go on a back pack trip. A brief description of certain items is included to aid you in understanding the correct equipment to meet your sons (and possibly your) needs.

\_\_\_\_\_ Back pack (The pack frame must fit the Scout, avoid the temptation to buy a frame “the scout will grow into”. Scouts hiking with frames that do not fit their body have a very uncomfortable trip. Backpacks are actually designed so that the load is carried on the hips. The backpack needs to have a padded “belly strap” that properly fits the Scouts hips. The “belly strap” transfers the load of the pack to the hips, a strap that is too large does not adequately transfer the load and the result is that the Scout is then carrying the weight on his shoulders. Weight on the shoulders will result in extreme discomfort. The pack should also have padded shoulder straps. The pack does not have to be huge. Remember that the proper weight for a pack is between  $\frac{1}{4}$  and  $\frac{1}{5}$  of the Scouts body weight.)

\_\_\_\_\_ Sleeping bag (After the pack this is the second most important piece of equipment the scout will carry. There are many options available. While goose down bags are considered the warmest they have a serious drawback, they lose all of their insulating properties if they get wet. Therefore we strongly recommend against down sleeping bags. The best bags for scouts are synthetic fiber filled bags. There are a number of bags available in many styles. The important thing to remember is that the bag should be warm enough to deal with nights when the temperature falls below freezing and the bag should be light enough so that the Scout’s pack with all of his gear and his share of the patrols food and gear falls within the maximum weight range of  $\frac{1}{4}$  and  $\frac{1}{5}$  of the Scouts body weight. A mummy bag or tapered bag is best. Rectangular bags tend to be less expensive, however that is often at the expense of more weight and a higher minimum temperature range.)

\_\_\_\_\_ Hiking boots (These are not necessary for the first hike. However if you buy boots they should provide good ankle support and be light weight. Never wear new boots on a backpack trip. Boots must be broken in with at least two weeks of continuous wear to avoid getting blisters on a backpack trip.)

\_\_\_\_\_ Insulate pad (This is a closed cell foam pad. It insulates the Scout from the cold ground at night. Sleeping bags will not provide adequate warmth without a sleeping pad because they are crushed beneath the Scout, losing their insulating ability. The pad does not have to be an expensive self inflating type. A simple pad will work well.)

\_\_\_\_\_ Cup & bowl or plate (These may be a “mess kit” or they may simply be a non breakable cup, plate and bowl from home. I use an inexpensive plastic cereal bowl, plastic coffee cup and enameled metal plate. The plastic keeps the food warmer, longer on cool trips and I don’t burn my lips when hot liquids are in the cup.)

\_\_\_\_\_ Knife, fork, & spoon (These may be a “utensil kit” or they may simply be a non breakable fork and spoon from home. I use my pocket knife rather than carry an additional knife. This is to save weight).

\_\_\_\_\_ Scout uniform (wear on the trip up)

\_\_\_\_\_ Warm coat

\_\_\_\_\_ Hat w/ wide brim

\_\_\_\_\_ Small Flashlight w/ extra batteries (By small we mean two “AA” battery in size)

\_\_\_\_\_ Compass (A liquid filled “Sylva” style compass is best.)

\_\_\_\_\_ Personal 1<sup>st</sup> aid kit

\_\_\_\_\_ Toilet paper (in a Ziplock bag)

\_\_\_\_\_ Sun lotion (Sun Protection Factor 30+)

\_\_\_\_\_ Chapstick

\_\_\_\_\_ Scout Handbook (While this is relatively heavy, it is needed to record the scouts advancement and should be brought to all meetings and outings. It should have the Scouts name printed prominently on the front cover and on the edge of the pages.)

\_\_\_\_\_ Pencil or pen

\_\_\_\_\_ Ground cloth (This may be either a purchase ground cover, or more simply, a six mil thick piece of plastic. It is placed on the ground to form a vapor barrier against moisture in the soil. This will help keep the Scout warmer. When camping we will either place a tent over the ground cloth or simply “sleep out” by placing a sleeping pad on the ground cloth and sleeping under the stars.)

\_\_\_\_\_ Toilet kit (Soap, tooth brush & paste. Small sample size tooth paste tubes and hotel soap (Yes, I take the soap for camping) are best. I use a small travel tooth brush to keep weight and bulk down.)

- \_\_\_\_\_ Sun glasses
- \_\_\_\_\_ Lighter (no matches please)
- \_\_\_\_\_ Long pants
- \_\_\_\_\_ Extra socks
- \_\_\_\_\_ Pocket Knife
- \_\_\_\_\_ Paper
- \_\_\_\_\_ Change of Under wear (underwear and socks need to be changed at night just before bed. This is because there is vapor in the clothing from daytime activities. Dry underwear and socks keeps you warmer at night. You also smell better in the morning.)
- \_\_\_\_\_ Insect repellent (This should be the concentrated liquid drops type. Do not bring aerosol or pump-type repellents.)
- \_\_\_\_\_ Change of clothes
- \_\_\_\_\_ Wool socks (These are worn over a pair of cotton or synthetic socks when backpacking to provide additional cushioning for the feet).
- \_\_\_\_\_ Comb
- \_\_\_\_\_ 1 qt. water bottle or canteen (I use a wide mouth Nalgene water bottle from a sporting goods store. This type of bottle will screw into the water purifying filters that we carry on these trips. "Camel back" type water carriers are popular with some of the scouts, however they are relatively expensive. I purchased a Nalgene brand water bladder at [www.campmor.com](http://www.campmor.com) for about half the price of the "Camel back" or "Platypus" and was able to get one which fits our water filters due to a large mouth. Please remember that bigger is not necessarily better. Water weighs a hefty 8.3 pounds per gallon.)
- \_\_\_\_\_ Camera (RISKY)
- \_\_\_\_\_ Watch
- \_\_\_\_\_ Rain gear (if it looks like rain, this item is really for later in the year. We would not go on a first hike if it looked like rain. The reality is there should be none in August.)
- \_\_\_\_\_ Tee Shirt
- \_\_\_\_\_ Canvas tennis shoes (These are optional. They are for wearing around camp if you have worn boots for the hike in. We do not allow Scouts to go bare foot or in sandals on trips. This is to protect their feet from possible injury. Foot injuries on a backpack are a serious matter and to be avoided),
- \_\_\_\_\_ Playing cards or small game (Optional)
- \_\_\_\_\_ Hiking Shorts (Scout shorts are acceptable for this purpose.)
- \_\_\_\_\_ Snacks (Optional)
- \_\_\_\_\_ Day Pack (Optional item for use if we go on a day hike once we reach our destination.)

A note about [www.campmor.com](http://www.campmor.com). This is an online store that carries many items at a discount. They also have some fairly good close outs from time to time.

**DO NOT BRING ANY OF THE FOLLOWING:**

The following items do not belong on Scout trips. In some cases it is for safety, in others it is because we are camping and the items simply do not fit into our program.

Jewelry, firearms, ammunition, electronic games, radios, tape players, walkie talkies, large knives, sheath knives, or spears.

Troop Provides the following items on trips:

Stoves	Group cook kits	Group utensil kits	
Tents	Ax & saw	Shovel	Large 1 <sup>st</sup> aid kit