

CAMPING, HIKING AND BACKPACKING EQUIPMENT INFORMATION

PUT YOUR NAME ON EVERYTHING!!! PACK EVERYTHING IN PLASTIC BAGS!!!
SCOUT PACKS OWN BAG!!!!!!

A lot of this camping gear can be purchased at Big 5 Sporting Goods, REI, Walmart, some Target stores. You can also find deals at Campmor.com or Cabelas.com. Keep an eye out for sales! You can get great bargains!

1. **Ground Cloth** – required for use with AND without a tent
 - Keeps moisture away, preserves the life of the tent & many other uses.
 - If you are sleeping out, a ground cloth is required in order to keep your sleeping bag clean
 - Needs to be plastic and big enough to go under the tent
 - Also needs to be lightweight for backpacking (you can buy a tube tent from Mr. Farber, REI or Emergency Essentials (online))
2. *****Sleeping Bag***** –**your first item to buy should be a good, lightweight sleeping bag before anything else**
 - Temperature Rated – depends on Scout and how they acclimate to cold – suggest a synthetic bag rated to 0 degrees. NO DOWN. They cannot get wet and they take more care than the synthetic. Cost is approximately \$50 - \$100
 - Needs to be long enough so Scout is completely in the bag & can be cinched up around their head. 72” to 90” depending on your height.
 - Needs to be in a stuff bag, rather than the roll up type. Can get a compression stuff bag to get sleeping bag small for backpacking, but this is optional
 - Have scout roll or stuff their own sleeping bag. We will NOT do this for them
 - Place in a large trash bag to protect from rain or other water problems
 - Make sure it can be secured with STRAPS for backpacking
3. **Foam Pad for sleeping** -
 - Foam pad – lightweight and compact – approx. \$15 at stores listed above.
 - Scout must roll up themselves!
 - Must be secured with straps
 - Can purchase a Thermarest or something similar, but these are more expensive and weigh more. You also have to be careful not puncture it
4. **Mess Kit (bowl, cup, knife, fork, spoon)** - NO PAPER GOODS OR PLASTIC!!!
 - Do not purchase the Boy Scout metal mess kit. They are too heavy.
 - Do not buy silverware as this is heavy. Most sports stores carry camping plasticware
 - Can bring a plastic tupperware bowl, & cup from home. Cup must hold hot liquids
 - You can also just bring a big Sierra Cup for eating and drinking
5. **Rope** -
 - Very lightweight, approx. 10 – 12 feet in length, approx. 3/8” thick
6. **Canteens / Hydration** -
 - Preferably 32 ounce Nalgene water bottles with screw on lids
 - We do not recommend camelbacks – they get punctured and the nozzles break where they chew on them

CAMPING, HIKING AND BACKPACKING EQUIPMENT INFORMATION

7. Hiking Boots -

- \$25.00 - \$40.00 at Big 5 sales
- Shoes must be sturdy, no holes and must support feet
- Do not invest in expensive boots until your Scout has stopped growing

8. Raincoat or Poncho -

- You can use an emergency type poncho – available at Big 5 – cost approx. \$1 or \$2
- If this is for backpacking, it needs to be lightweight.

9. Warm Hat (beanie hat, stocking cap) -

- Need to have a warm hat, as this helps retain body heat when it is cold
- Also needed to sleep in

10. Clothes to sleep in:

- Must not be worn during the day - keep separate from day clothes
- Suggest lightweight sweatpants, long-sleeved shirt, warm socks and a sweatshirt or longjohns
- Sleep with warm hat on (in #9)

11. Pants and shorts:

- Nylon zip-off pants are the best. That way if it gets warm, the pant legs can be removed.
- Insure the material of pants and shorts are not cotton

12. Shirts:

- Nylon or polyester type of shirts are the best because when you sweat, they will dry fast.
- Cotton will not dry

13. Socks:

- This is individual preference. Some people need a thin liner to avoid blisters and some are comfortable in cotton athletic socks. Some prefer thick hiking socks. Remember to bring extra pairs of socks, especially on “wet” or “snow” trips and long term trips.

14. Extra clothing -

Suggest a windbreaker (can use poncho or raincoat), warm hat, mittens, sweatpants if wearing shorts, and extra socks.

15. Bandana - to be carried in daypack

- A very essential item. Can be used as a potholder, headband, bandage, arm sling

16. Insect Repellent, Sun Screen - to be carried in daypack

- Pack in small plastic bottles (2-4oz) - get in travel section at CVS or Rite Aid
- PUT IN A ZIPLOCK BAGGIE.
- No aerosol cans. Pump sprays or stick roll-on are the best.

17. Toiletries -

- Toothpaste – small travel tube
- Soap – biodegradable. Put in ziplock bag.
- Lotion - use small plastic bottles

18. Compass -

CAMPING, HIKING AND BACKPACKING EQUIPMENT INFORMATION

- Put a string on it - easier to locate and carry
- Must be liquid filled with a transparent baseplate. No NOVELTY items

19. **Flashlight** - have handy and ready to go

- MUST BE SMALL with extra AA batteries (lighter for hiking and backpacking)
- You can find cheap headlamps, which are more convenient than the handheld ones.

20. **Sunglasses** -

- A must to protect eyes - especially in the mountains and at the beach.
- Put strings on them, easier to locate

21. **Trail Snacks and Emergency food** -

- Make sure you bring lightweight snacks
- For emergency food, bring something you aren't crazy for and isn't part of your lunch or dinner!

22. **Pocket knife - Must fold up** -

- Multiple use Swiss Army Knife or similar (example is the TINKER). Don't have to get fancy
- Need to keep oiled and clean – needs to be easy to open and close
- Must carry the whittling chip card with their knife.

23. **First Aid Kit** -

- Pack in a plastic ziplock bag - keep it simple - see contents on the equipment list
- TYLENOL or IBUPROFEN (preferred) - mandatory
- Add throat lozenges, cough drops, Tums or Roloids, safety pins
- Leaders cannot administer medications. However, if Scout has these items, we can suggest they take what they need.

24. **Daypack** -

- Must have good sturdy straps - Avoid plastic daypacks. The straps break easily and they are not as comfortable as the cloth packs
- For the daypack we bring on backpack trips, it needs to be as lightweight as possible and as small as possible. However, it must be able to hold your 10 essentials and a lunch.

25. **Backpack** –

- We suggest you use a Troop backpack until the scout has gone through most of his growth spurt and you know they are going to continue backpacking.
- There are two kinds of backpacks – external frame and internal frame. Internal frames are for off trail type of backpacking and fit close to the body. External frames are for trail hiking. This is a matter of preference and we suggest you try each type before buying a backpack.

26. **Tent** –

- We suggest you not buy a tent for a while, unless you come across a good deal.
- Some scouts have tents and everybody shares their tent.
- If you do buy a tent, it must be lightweight and we recommend a 2-person tent

The troop has backpacking patrol boxes which consists of cooking pots, spoons, water filters, stoves and fuel bottles, dishwashing equipment and potholders.

Any questions, please do not hesitate to call Cindy (213-369-7742) or Dick Farber at 323-724-0078