

Checklist - Recommended gear for backpack camping

PACK AND TRAVEL GEAR

Backpack - internal or external frame _____
 Raincover for pack _____
 Webbing or bungee straps _____
 Ditty bag for dirty clothes _____

HIKE AND CAMP GEAR

Water bottle(s) _____
 Walking staff _____
 Trail mix for hiking _____
 Flashlight (2 - AA batteries best) _____
 Extra flightlight bulbs and batteries _____
 100 feet of lightweight nylon cord _____
 Map, compass _____
 Whistle _____
 Pencil or pen _____

TOILETRIES

Toothbrush and toothpaste _____
 Deodorant _____
 Hand soap, shampoo, razor _____
 Washcloth, towel _____
 Brush/comb _____
 Toilet paper, trowel _____

EATING

Food, spices _____
 Bowl/cup/spoon (simple, plastic best) _____
 Scout knife with can opener _____
 Cooking gear, pots, etc _____
 Clean up supplies, soap etc _____
 Water for cooking _____
 Water treatment or filter _____
 Aluminum foil _____
 Waterproof matches, or sealed container _____
 Stove with fuel _____

MISCELLANEOUS

Watch, photo ID _____
 1 gallon zip lock bags _____
 playing cards (optional) _____

Candle _____
 Firestarters _____
 Space blanket _____
 Powerbar (for emergency use only) _____
 Twine and safety pins _____
 Cash for meals/snacks _____

CLOTHING

Shorts (quick drying), long pants, belt _____
 Troop T-shirt _____
 Extra t-shirt(s) - to have dry clothes _____
 Warm shirt/sweater (wool) _____
 Undershorts _____
 Extra undershorts (dry) _____
 Socks (wool for cool weather) _____
 Extra socks (dry) _____
 Hiking boots and socks (liners optional) _____
 Extra laces for boots _____
 Thermal underwear (avoid cotton) _____
 Bandana _____
 Stocking cap (for sleeping too) _____
 Multiple layers (avoid heavy coats) _____
 Rain jacket/poncho - REQ'D _____
 Rain pants _____
 Foot-size baggies _____
 Sunglasses _____
 Gloves, (mittens better) _____

SLEEPING

Tent with ground cloth _____
 Sleeping bag (stuff sack optional) _____
 Sleeping pad (thermorest or ensolite) _____

FIRST AID

Band aids, moleskin, molefoam _____
 Chapstick, sunscreen _____
 Insect repellent _____
 Personal medicines _____

Why wool or synthetics? ... Since most of our camping trips occur during the Fall, Winter and Spring, we can expect to get our share of cool and down right cold weather. Wool is quite remarkable as it will continue to be warm even if it gets wet, as does GoreTex and some other synthetics. Cotton, on the other hand, functions very poorly when it gets wet.

A word about socks When hiking it is best to wear two pairs of socks; a thin inner pair and a thick outer pair. This helps prevent blisters. The inner pair can be cotton, nylon or even better yet - polypropylene. The thick outer pair can be cotton when the weather is warm, but wool is far superior in the cool weather.

Boots - where the rubber meets the rocks ... Good boots or shoes are vital to comfortable hiking. They need to be sturdy, provide adequate support and have a sole thick enough to provide protection from rocks along the way. Sneakers are definitely not adequate for any distance.

Remember - don't carry more weight than necessary ... Think twice before loading up on unnecessary gear.

Blisters ... Don't be a hero, take care of "hot spots" early, as soon as you feel them. It will only get worse.