
UNIFORM AND EQUIPMENT

CAMPING EQUIPMENT CHECKLIST

This is a complete checklist of camping equipment that every Scout needs. Length of trip, climate and weather should be considered. Scouts, not parents, must participate in and do their own packing. If used as a packing list, items worn would be included.

- A. Packing
1. Backpack, with padded, snug-fitting, full hip belt and padded shoulder straps (identification on back flap of pack) *
 2. Pack cover, waterproof (easily accessible in pack) *
 3. Stuff bags, waterproof or Ziploc bags
 4. 2 to 4 cinch straps (36" or longer, for fastening tent, sleeping bag, other things onto pack frame), as needed. Do not use bungee cord, twine or rope.
 5. Duffel bag (substitute for backpack on drive-up camping trips)
- B. Sleeping & Shelter
1. Tent with ground cloth (can be provided by Troop) (S)
 2. Ground cloth for tent (may not be provided by Troop) (S) *
 3. 4 extra tent stakes, in addition to any with own or Troop tent
 4. Sleeping bag in waterproof stuff bag/compression sack *
 5. Sleep clothes worn only in sleeping bag
 6. Foam sleeping pad (closed cell type/Therma-Rest)
- C. Clothing - Layer A (Hiking Clothes)
1. Hiking boots, well broken in *
 2. Light weight camp shoes, like sneakers
 3. 2-3 pairs heavy socks, wool or wool & poly blend, not cotton *
 4. 2-3 pairs lighter liner socks (polypro)
 5. 1-2 pairs hiking shorts
 6. 1-2 short sleeve shirts, not cotton (include Troop 116 T-shirt) *
 7. 1 hat or cap, with brim
- D. Clothing - Layer B (Cool Evening)
1. 1 long sleeve shirt (wool or fleece)
 2. 1 pair long pants (synthetic, not cotton, not denim jeans) *
 3. Long underwear (polypro)
- E. Clothing - Layer C (Cold)
1. Sweater (wool or fleece)
 2. Jacket
 3. Stocking cap (wool or fleece)
 4. Gloves
- F. Clothing - Layer D (Cold, Wet, Windy - always required)
1. Sturdy rain suit (easily accessible in pack) *
- G. Eating (Mess Kit) - items, except for water bottle, in stuff bag *
1. 2 water bottles, 1 qt. size (sometimes more required) *
 2. Deep bowl (small, plastic) *
 3. Cup (measuring style) *
 4. Spoon (required), knife & fork (optional) *
 5. Backpack cooking stove (only if certified) (S)
 6. Waterproof matches or Bic lighter (S)
 7. Biodegradable liquid soap (Campsuds) (S)
 8. Paper towels (6 sheets) (S)
- H. Eating (Cont.)
9. Scrubby sponge (in small Ziploc bag) (S)
 10. Can opener, small fold up type (S)
 11. Water purification tablets or filter (S)
 12. Emergency food: 2 pkgs. each of instant soup, cereal, & hot chocolate packed in Ziploc bags
- H. Personal first aid items in ditty bag (S)
1. Band aids
 2. Large bandages
 3. Sports tape
 4. Small supply of duct tape
 5. Moleskin
 6. Antibiotic ointment
 7. 2 bandannas
 8. Ace bandage
 9. Personal medications
- I. Personal and Miscellaneous (packed in stuff bags or on person)
1. Small keychain-size knife with scissors. Larger pocket knife not typically needed. Must be less than 3" blade. No sheath knives.
 2. Small flashlight or headlamp with spare batteries and bulb
 3. Trail map (S)
 4. Compass, liquid-filled
 5. Whistle
 6. \$5.00 for emergency use
 7. Chapstick & sun screen (S)
 8. Toothbrush & paste plus personal toiletries
 9. Face towel or Pack Towel
 10. Watch, inexpensive
 11. Sunglasses, inexpensive
 12. Toilet paper, in waterproof Ziploc bag
 13. Small camp trowel (S)
 14. Insect repellent, non-aerosol (S)
 15. Extra boot laces
 16. 4 large safety pins
 17. Needle & thread (S)
 18. 50 ft. 1/8" nylon cord (S)
- J. Optional
1. Camera with film or memory card
 2. Notepad & pen
 3. Foot powder (S)
 4. Daypack for side hikes
 5. Crazy Creek seat
 6. Boy Scout Handbook, esp. if under 1st Class (for backpacking trips bring in car)

* See notes below / (S) Share with buddy or could be patrol equipment

Backpack The pack must have a padded, snug-fitting, full hip belt and padded shoulder straps. The pack should fit the Scout; don't buy one he will grow into. Prices range from \$75 to well over \$200. Rentals are available. Capacity needed for multi-day backpacking: external frame, 4200 cu. in. (69 liters); internal frame 4800 cu. in. (79 liters). Smaller capacity okay for weekend only.

Hiking Boots Boots are required on all of Troop 116 camping trips. Properly fitted, sturdy, waterproof hiking boots that are 6 to 8 inches high are recommended. Sneakers (which don't have sturdy soles nor have adequate ankle support nor are waterproof) are not appropriate for hiking and backpacking and should be used for in-camp use only. All boots must be treated for wet weather and broken in prior to wearing on the trail.

Rain Gear Rain gear is always required. A water-proof rain jacket/suit is best. A poncho is not recommended. Also, a rain-proof pack cover is needed. A large plastic garbage bag can be used only as a temporary pack cover.

Ground Cloth A ground cloth is necessary under the tent to keep out ground moisture. Each Scout should have his own. A 5' x 7' piece of polyethylene of 4-6 mil thickness is quite adequate and is not expensive. 5' x 7' is the size needed for the old Eureka Timberline 2 Troop tents, and most standard 2-man tents. Most of the REI Half Dome Troop tents have a matching "footprint" ground cloth and an additional ground cloth is not needed.

Mess Kit Mess kit includes: (1) Plastic bowl and a plastic cup with measuring marks - plastic cup is preferred over metal for extreme cold weather, as metal can stick/freeze to your skin and lips; some campers prefer a half-quart size wide-mouth Nalgene water bottle instead of a cup; (2) Water Bottle (1 quart wide-mouth Nalgene BPA-free Tritan preferred) - two are needed and typically should be filled with water from home before departure as water may not be available at trailhead; (3) Spoon (required), knife & fork are not essential.

Sleeping Bag A mummy-type sleeping bag good to +15°F is sufficient. Must have a waterproof stuff bag. Should not be bulky or heavy. Down-filled bags require special care, are expensive, and not recommended for younger Scouts. Must have a closed cell type pad to put under the sleeping bag for insulation and comfort. Therma-Rest brand makes several very good styles that are not bulky to pack.

Stuff Bags Small stuff bags and zip-lock freezer bags, gallon and various smaller sizes, are useful for a number of needs. Clothes and other items should be packed in them to be kept organized and waterproof. Ziploc bags can also be used to pack out trash. Several spares are handy.

A Word About Cotton Cotton garments have no place on camping trips and backpacking treks. Although cotton is an inexpensive, lightweight and breathable fabric, it is also very absorbent and slow to dry. When wet, cotton loses its insulating properties, and it absorbs a significant amount of moisture and holds it next to the body. This adds weight to the garment and causes cooling through evaporation. In the backcountry, especially at higher elevations, rain is often accompanied by a significant temperature drop where wet cotton garments create a hypothermia risk, even in summer.