

April 2011

Hi New Scout Parents,

The following is our boy scout backpacking check list with gear suggestions added. These suggestions are specific items that have worked well for our scouts in the past. I chose Campmor links because they have good prices and the troop gets a 10% discount with no sales tax if you buy in the store and they are paid with a troop check & resale certificate.

EMS has many of the same items and they will give a 15% discount on non-sale goods, if the troop is registered (Troop 154 is registered in Danbury). Be careful, though. Many of their employees are seasonal workers and may not be skilled or knowledgeable in what they are selling. Best to ask the manager to help you or ask for an experienced sales person.

Another option is Kelloggs and Lawrence in Katonah. They recently opened an outdoors section and will give scouts and their families 15% off on camping gear. The owner, Bart Tyler, is a former troop treasurer.

You can certainly use other brands or styles, but they must bring everything on the list.

The item I feel most strongly about is the Kelty Yukon Youth external frame backpack. Most scouts in our troop use it. The frame will expand with your growing boy and will fit him up to about 6 feet tall.

The next most important item is the sleeping bag. They should have a mummy shaped, synthetic fill, backpacking sleeping bag which stuffs into a stuff sack and is about 4 pounds in weight, or less. Most rectangular, car camping bags are well over 6 pounds, are way too bulky and don't keep you as warm because your body needs to heat up and keep a much larger area warm. The one on the list is a good example of low price and good quality. I find that a 15-20° bag works well for 3 season camping (everything except winter). In the warmer months, it can be unzipped and spread out on top of you, like a quilt. In the colder months you can wear all your clothes inside and be very toasty.

Available on the troop web page is the [backpacking gear list](#) in its original form, which you can save and print out for each backpacking trip. Having the kids check off each item as it goes into the pack is a good habit to get them into. Don't ever pack for them! Make them do it themselves. You can help them gather all the items, but make them put everything into the pack by themselves. All clothing should go into 1 or 2 gallon freezer zip bags. Smaller items should go into the small outer pack pockets. Anything, which is damaged or "fouled" by water, should be properly protected in a zip bag.

Also available on the same web page, is a car camping checklist, which is also used for cabin camping. This version is slanted more towards cold weather camping, (i.e., winter jacket/winter boots/snow pants). Make adjustments if the car camping/cabin trip is in warm weather. You will notice the addition of a day pack/school book bag for hikes and

the swapping of a backpack to a duffel bag. If we are hiking into a campsite you must use a backpack. If we are car camping or cabin camping, a duffel bag is perfectly acceptable. It seems that many scouts, once they own a backpack, want to use it at every possible opportunity. No problem!! Let them!!

If you can borrow anything for the first trip or two, do it!

The PowerPoint slide presentation I used when teaching my class at the recent Cub Scout Discovery Pow Wow is available, as well, on the web page.

Please feel free to contact me if you have any questions or comments. I'm a gear-head. I like talking about and shopping for gear.

Best regards,

Rich

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CHECK LIST FOR “3 SEASON” BACKPACKING
with gear suggestions

Map (will get from PL)

Compass with base plate

Silva Starter Type 1-2-3 Compass \$9.99

http://www.campmor.com/outdoor/gear/Product_81216

Digital watch with time, alarm, chronograph, light, etc.

Water already in bottle (bring (2) 1 liter water bottles - wrap with duct tape)

Nalgene Tritan Widemouth 1 Quart Bottle BPA Free \$9.99

http://www.campmor.com/outdoor/gear/Product_98227

It seems the new BPA Free bottles are a few bucks more expensive than the old ones.

Rain gear (jacket and pants)

Campmor Cascade II Rain Parka (For Men) \$24.99

http://www.campmor.com/outdoor/gear/Product_77699

Campmor Cascade II Rain Pants (For Men) \$17.99

http://www.campmor.com/outdoor/gear/Product_77701

Emergency snack food

Fire starter and waterproof matches or mini lighter

Fire sticks \$2.99

http://www.campmor.com/outdoor/gear/Product_23132

First aid kit (see BSA handbook) and medication

Pocket knife (WEAR)

Victorinox Swiss Army Tinker \$22.99

http://www.campmor.com/outdoor/gear/Product_81104

Flashlight with extra batteries and bulb - head lamp is best

Energizer AAA LED Head Beam Headlamp \$15.99

http://www.campmor.com/outdoor/gear/Product_82769

Whistle on neck lanyard (WEAR)

ACR Whistle \$2.99

http://www.campmor.com/outdoor/gear/Product_70110

Insect repellent (no aerosol)

Sunscreen / lip balm

Mess gear (bowl, spoon, cup) no need for the rest

GSI Outdoors Cascadian 1 Person 7 pc. Table Set \$11.95

http://www.campmor.com/outdoor/gear/Product_82393

("the rest" will be used when cabin/car camping)

Ball cap with brim or "bucket" type hat with all around brim (WEAR)

2 pairs of wool or synthetic socks - WEAR ONE

Costco: Kirkland Brand Merino Wool Socks \$9.99 for 4 pair!

2 pairs of poly liner socks - WEAR ONE

Wigwam Gobi Polypropylene Liner Socks \$6.99 (2 @ \$5.98)

http://www.campmor.com/outdoor/gear/Product_01095

2 pairs of long synthetic pants - WEAR ONE (if cool)

Scout pants are perfect

--or--

1 pairs of synthetic shorts - WEAR ONE (if warm, plus one longs for cool evening) zip-offs could double as both

Scout pants are perfect

2 long-sleeved synthetic shirt - WEAR ONE (if cool)

Any polyester knit long sleeve shirt (Troop 154 Activity shirt)

2 short sleeved synthetic shirt - WEAR ONE (if warm) if you only have long sleeved, you can push up the sleeves to make short

Troop 154 activity shirt -or-

Duofold Youth Performance Tee \$3.96

http://www.campmor.com/outdoor/gear/Product___05663

1 pair long underwear tops and bottoms, synthetic (for sleeping or extra warmth)

Coldpruf Children's Polypropylene Underwear Pants \$ 10.99

http://www.campmor.com/outdoor/gear/Product___14082

Coldpruf Children's Polypropylene Underwear Crewneck Shirt \$10.99

http://www.campmor.com/outdoor/gear/Product___14080

1 fleece or wool jacket/pullover

Columbia Men's Mountain Fleece Jacket \$24.97

http://www.campmor.com/outdoor/gear/Product___12435

Waterproof hiking boots -WEAR

Hi-Tec Kid's Renegade Trail WP \$44.99

http://www.campmor.com/outdoor/gear/Product___92188

These are kids sizes - choose something inexpensive in adult size if necessary. Be sure to try on boots with the socks you are going to be wearing. I always bring my own socks. Some stores have "loaners." If you are also going to buy socks, try on the boots with the new socks you are buying. Please don't wear white cotton athletic socks with hiking boots!

2 pairs of underwear - WEAR ONE

2 bandanas - WEAR ONE

Sleeping bag (warm enough for the night time temperature) in a garbage bag lined stuff sack

Coleman Crescent 15 Degree Sleeping Bag \$49.99

<http://www.campmor.com/outdoor/gear/Product> **85292**

Sleeping pad in lined stuff sack or garbage bag

Pack-Lite Closed Cell Foam Pad \$11.99

<http://www.campmor.com/outdoor/gear/Product> **41312**

Wool or synthetic hat or balaclava

Campmor Power Beanie \$7.99

<http://www.campmor.com/outdoor/gear/Product> **88539**

Wool or synthetic gloves

Manzella Ragg Wool Gripper Gloves \$7.99

<http://www.campmor.com/outdoor/gear/Product> **75130**

Rope, 25' of 1/8" nylon

BSA Handbook in a zipper bag (must have!)

Small notebook and pen or pencil in a zipper bag

Framed backpack (preferably external) with straps for sleeping bag, properly fitted to torso size. Garbage bag pack liner for clothes, or several 2 gallon zipper bag

Kelty Yukon Youth External Frame Pack \$69.97

<http://www.campmor.com/outdoor/gear/Product> **90297**

Accessory Straps 42 inch \$3.50

<http://www.campmor.com/outdoor/gear/Product> **62262**

Remember: webbing straps good, bungee cords bad.

Tri-Glide to attach straps to frame \$3.00

<http://www.campmor.com/outdoor/gear/Product> **67720**

This is for a set for 4 different width straps. Perhaps they sell them individually for 1" straps to match item 62262

Pack cover, nylon fitted or customized garbage bag

Backpack Rain Cover \$19.99

<http://www.campmor.com/outdoor/gear/Product> **11707**

Toiletries (toothbrush and paste, biodegradable soap, Purell and two day's worth TP in a zipper bag (no need for the whole roll))

OPTIONAL ITEMS

- Deck of playing cards, Uno, travel backgammon, etc. (only before "lights out")
- Paperback book
- Trekking poles (only for older scouts with trail experience)
- Sun glasses
- Extra clear garbage bags for emergencies
- Extra buckle for hip belt
- Wind shirt, breathable ultra light nylon
- Quick dry camp towel
- Carabiners - Real ones are slightly more expensive, but last forever.
- Gaiters
- Rain hat
- Camera
- Water bladder (Platypus, Camelback, MSR)
- One complete change of clothes and shoes in a separate carry bag (just in case - leave in car)