

Backpacking

This is classified as an outing where reaching the camp requires an extended hike or traverse from the vehicles, and the intent is to spend the outing in a multiple locations over several days.

Pack:	50 to 60 liter internal or external frame backpack, properly fitted to the size of the youth. It is suggested that the user be measured by an outdoor retailer to ensure proper fitment. This is critical for an enjoyable experience. Remember, that a person should carry no more than 25% of their body mass in their backpack, so a lightweight pack allows you to shoulder more gear. Note that a pack size of more than 65 liters generally will not fit a youth properly, weighs more, and cannot be fully loaded as it would exceed the weight limits considered to be a safe load. The load needs to ride on the hips and not on the shoulders, again, a quality outdoor retailer can assist greatly in the selection of a pack. There is no need to spend several hundred dollars, there are many quality options available for not much more than \$120, especially if purchased during a sale.
Pack Cover:	If the pack is not waterproof, a pack cover is recommended. Or, you can simply line the pack with a heavy duty trash compactor bag and roll the top closed within the pack. This is a great way to keep your gear dry and is much less expensive than a pack cover. Additionally, this method protects from water that soaks through the back of the pack which is left unprotected from a pack cover - as water runs down your back in-between the backpack and your rain gear.
Tent or Hammock:	1 or 2 man tent or camping hammock with rainfly and tree friendly hanging straps.
Sleeping Bag:	Generally, a sleeping bag rated for 20 degrees can accommodate 90% of the outings. Preferably one in a "mummy" style, not rectangular. Down bags are much more expensive than synthetic, and each material has its positives and negatives. Down bags pack extremely tightly (good for backpacking) and offer a great warmth/weight ratio. If taken care, of they will last a lifetime and will not lose their thermal properties from age. The negative is that down loses its thermal properties if wet - unless it is a treated i.e. "Dri-down" (some manufacturers sell bags with this type of "treated" down). Synthetic bags are heavier and are not as compressible, but do offer warmth when wet. Synthetic bags do deteriorate over time and can lose their loft and therefore their thermal properties as they age. A comfortable bag is paramount to a good night's rest.
Sleeping Pad:	Foam pad or inflatable (Thermarest style). The general benefit of inflatable pads are pack size, but they are generally more expensive. This insulation is critical for a comfortable evening (note that the pad is not there to necessarily provide comfort padding, but to insulate you from the ground; as your sleeping bag has no loft where your body makes contact with the ground). Also, note that if you are in a hammock, be aware that they sleep very cold due to the air circulation beneath you. Know your system's limits before you embark on a trip.
Sleep/Pack Pillow	These can be purchased, inflatable or foam filled - or, just use a stuff sack containing your extra clothing.
Class A Uniform:	Required for travel and Flag ceremonies.
Rain Gear:	A quality rain shell (uninsulated waterproof jacket) is very valuable. You can also use a poncho, however, these can be challenging if the wind picks up. Rain pants are seldom needed, but for more extreme late shoulder month or winter conditions.
Insulated Top:	If weather dictates, a synthetic (fleece) or wool mid layer may be needed. This is nice to put on first thing in the morning and shed as it warms up.
Sun Hat/Warm Hat:	Ball cap, wide brimmed hat or knit hat, weather dependent.
Clothing (pants/shorts, shirts, socks, underwear):	AVOID COTTON. Synthetic materials or wool are needed. Cotton will not dry timely and loses its shape and all of its thermal properties when wet. It also becomes abrasive, promoting blisters and rashes. Synthetics are cheaper but do not carry the anti-odor properties of wool, and they melt (as they are basically plastic). Overall, both synthetic and wool garments perform well in the outdoor elements. For a typical outing, the boys only need to pack ONE extra set of clothing in addition to their "activity" clothes. The type of clothing needs to match the prevailing season and weather conditions (i.e. long sleeve vs. short sleeve).
Shoes:	Hiking shoes or boots (that fit properly) are required , preferably waterproof. No sneakers please, these just get soaked with dew/streams/mud et.al. Once wet, they promote blisters and can be potentially dangerous in extreme conditions. Warm and dry feet are the staple of a pleasurable outing.
Mess Kit:	You can go as simple as a plate/bowl and spork, or go all out with a more complete nesting kit.
Water Bottles:	You can go buy a Nalgene/Platypus bottle, or just use a Gatorade/plastic disposable bottle. Need to be able to carry at least 2 liters.
First Aide Kit:	Personal size for minor cuts, blisters and abrasions, the Troop will bring a group kit.
Water Treatment:	There are several methods of treating water in the field. Filtering, chemical, boiling and UV are the most common. Each method has its advantages and disadvantages and is generally selected based upon personal preference. You need to pack an appropriate method for treating drinking water.
Pocket Knife:	ONLY IF SCOUT HAS HIS TOTIN CHIP.
Personal Kit:	TP in ziplock, Trowel, Toothbrush/Toothpaste, non-aerosol (cream) insect repellent and sunscreen. NO AEROSOLS - THEY ARE PROHIBITED BY BSA.
Headlamp:	LED headlamp with one set of extra batteries.
Bear Bag	A weatherproof bag of sufficient size to store food and other items that may attract animals (5 to 10 liters will do), This bag will be hung from a tree while in camp so it must be reasonably durable and be capable of being tightly cinched.
Whistle:	Excellent safety device. Day and night.
Signal Mirror:	Excellent safety device. Day use.
Emergency Blanket:	Excellent backup if gear gets wet.
Fire Starting Tools:	ONLY IF SCOUT HAS FIREM'N CHIT. Flint and steel with cotton balls in a Ziploc bag works well.
Compass:	For navigation.
Duct Tape:	Always carry duct tape, a small amount will do.
Trash Bags:	Sufficient to pack out your trash.
Paracord:	25' - 50' of 550 paracord can have many uses on the trail, from repairing broken equipment to hangnig a bear bag.

- NOTES:**
- 1 The Troop provides all cooking gear and fuel for outings.
 - 2 Ask around if you don't have gear, the Troop has some items for loan. Don't feel as if you have to go spend a fortune at an outdoor store for your first outing.