

Troop 67 Recommended Personal Gear Check List

Suggestions of places to look for inexpensive clothing and gear. For clothing, try your town's thrift stores first, then department stores, then sports or outdoor stores. To find discount gear and clothing online, look at campmor.com, sierratradingpost.com, rei-outlet.com, rei.com, northernmountain.com, and backcountrygear.com, especially at their sale/clearance items. (Scouts don't need everything all at once.)

OUTDOOR ADVENTURE ESSENTIALS

- Common Sense and a Good Attitude
 - Travel to and from destination in Class "A" Uniform
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BACKPACK

- 3500 to 4400 + cu . For scouts recommend external frame pack. **Pack in plastic.**
 - Break-away or small day pack. Small pack or sack to carry lunch and water easily accessible while in canoe and on short hikes.
 - Cover pack at night* Pack Rain Cover / heavy duty garbage bag
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GENERAL GEAR

- Always bring unless told not to.* Boy Scout Handbook
 - Map if required (Troop or Patrol item)
 - Compass
 - Whistle (plastic or brass so does not interfere with compass)
 - Highly recommend headlamps over flashlights.* Flashlight / Headlamp
 - Extra Batteries (How many do you need in your flashlight, etc.?)
 - Communication Radios (1 per canoe provided by Troop/adults)
 - First-Aid Kit
 - Sharpen before leaving.* Pocket Knife
 - Each scout should have.* Watch or portable clock
 - Matches (waterproof or in ziploc bag)
 - Fire starter (dryer lint, waxed cardboard, etc.)
 - Garbage Bag (always good to have one)
 - Sit pad - small piece of closed cell foam pad to sit on
 - Camera & extra film (optional)
 - Packable Saw (optional)
 - Duct Tape (small 3-6' roll - many uses)
 - Monocular or Binoculars (optional)
 - 25 - 50ft line for hanging pack and food (parachute cord)
 - Fishing Gear (optional)
 - Hiking Staff or Trekking Poles (optional)
 - Bible
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SLEEPING and SHELTER

- Pack in water-proof bag (good strong garbage bag)* Sleeping Pad (Worth the weight to carry a wide base-camp ThermaRest)
 - Sleeping Bag: 3-Season (light 20-40 degree bag should be enough most of the time)
 - Light packable pillow or use rolled-up fleece jacket.
 - Tent (3 or 4-season) 2 Scouts per tent - Typically provided by the troop.
 - Small sponge to dry tent with
 - Plastic ground cloth for under tent. - Provided by Troop
 - Small light weight tarp for rain shelter (approx. 5' x 8').
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HYDRATION / FOOD / COOKING

- Lightweight Trail Stove (white gas or butane/propane) Provided by Troop.

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- Stove Fuel--white gas or butane/propane canister (if melting snow for water, take more fuel). Provided by Troop.
- Cleaning gear (sponge with scrubber, small container of dish soap) Provided by Troop
- Water Filter / Purification system - Provided by Troop
- 1 Qt boiling pots - Provided by Troop
- Packable wash basins - Provided by Troop
- 4 liter water carriers - Provided by Troop
- Food (Provided by Troop will weigh approx 10-12lbs)

All food and snacks go into bear bag at night.

- No food in tents!*
- Bear Bag or Container (typically provided and shared with patrol or troop)
 - Cook Kit (Pan/dish and Cup)
 - Fork, Knife and Spoon or Spork
 - 2 liter water water/hydration container

CLOTHING

- Good Boots appropriate for activity (no sneakers)
- Smart Wool or Polyester Socks (no cotton) - 2 or 3 pair
- Hiking Pants or Shorts (quick drying) - 1 or 2 pair
- Shirt (quick dry, appropriate for weather) - 1 long sleeve
- Synthetic Under-shorts and T-shirt (synthetic or poly-cotton blends) - 2 or 3 sets
- Sleep in clean dry clothes* Cotton boxers, T-shirt and socks or PJ's for sleeping
- Light Fleece Jacket--100 -200 weight
- Rain Jacket or Poncho* Windproof, waterproof, highly-breathable Parka or Jacket, 2-way zipper, adjustable hood & hem; and large enough to allow layering underneath.
- Rain Pants or other* Windproof, waterproof, highly-breathable Pants--full-length side zips for easy entry & ventilation.
- Open finger Bike gloves great for canoeing* Gloves (lightweight for cool days, leather for working & handling hot items)
- Baseball cap / Sun Hat (neck shroud cover)
- Bandanna (cotton ok)
- flip-flops, water shoes, etc. think light
- light shorts/bathing suit for swimming / bathing in lakes

PERSONAL HYGIENE AND HEALTH CARE

- Toilet Paper (1/2 roll in zip-lock bag) and Trowel
- (Small containers pack in zip-lock.)* Soap and Shampoo
- Medicated Powder (for rashes and hot spots)
- Toothbrush and Toothpaste and Floss
- Q Tips (one or two per day)
- Razor and Shaving Cream (optional)
- Nail Clippers
- Hand Sanitizer and/or Wipes
- Pack Towel (hand towel size)
- Wash Cloth
- Moleskin (if not part of First Aid Kit)
- Sunburn Preventatives / Lip Balm
- Insect Repellent
- Sun Glasses
- Strap to prevent glasses from falling into water
- Cotton Hankie

ADDITIONAL GEAR FOR WINTER

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BOOTS: ___ In addition to substantial leather boots, appropriate for Winter conditions, you can also consider plastic boots and soresol insulated boots, as possible options.

BASE LAYERS:
(NO COTTON !) ___ Midweight or Expedition-weight thermal underwear top
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___ synthetic T-shirt (e.g., coolmax)
___ Synthetic Underwear (e.g. coolmax)

OTHER ESSENTIALS: ___ Midweight or Expedition-weight Insulated fleece gloves or mittens
___ Waterproof over gloves or mittens

OPTIONAL: ___ Down Sweater
___ Insulated Boots (rated to -40 degrees).
___ Hand Warmers
___ Snow Shovel
___ Avalanche beacon
___ Snowshoes & Poles w/touring baskets
___ Insulated Water-Bottle Blanket
