

TROOP 75 GEAR & CLOTHING

It is recommended that a fully loaded pack not exceed 25% of the wearer's weight. Pack essentials first and minimize unnecessary weight. Seal moisture-sensitive and leak-prone items in plastic bags or waterproof containers. Pack smaller items inside larger ones.

➤ **PERSONAL EQUIPMENT**

TRANSPORT

Backpack

External frame style is recommended – sized by torso length. Youth models often have adjustable frames to accommodate growth. The weight should be carried on the hips, not the shoulders, so the hip belt is worn tightly. A little extra padding under the hip belt can help out for hips that are a bit small (i.e., belt cinches all the way down when tightened).

Pack cover

Should be able to completely cover the backpack and attached gear. A yard-sized plastic bag works well, if a bit unsightly. Essential.

Straps

For attaching gear like sleeping bags and tents to the pack frame. The initial troop issue is minimal. Bungee cords are not recommended.

Day pack

If needed for day / side hikes.

SLEEPING

Sleeping bag

Mummy style. Rated for 20° or below, 0° preferred. Under 3½ lbs. Synthetic fill insulates better than down if wet, is easier to maintain, and is less costly. However, the cheapest synthetics are too heavy and bulky for backpacking. Consider Polarguard. The extra room and useful life of a regular versus a short is worth the slightly higher price and extra few ounces. A stuff sack is a must – for packing, not storing.

Compressor bag / caps

Crushes sleeping bag even smaller for easier packing. Various styles. Optional

Sleeping pad

Choices range from foam sheets to self-inflating pads. Shorts offer enough coverage for most campers, are lighter, and cost somewhat less than regulars and longs.

GENERAL

Tent stakes

Not bundled with tents to reduce loss. The initial troop issue is minimal and assumes that tent buddies share. Bring at least 8.

Rope

25' plus another 6' length for hanging pack. ¼" braided nylon is fine. ⅛" parachute cord and 3+ mm power rope are easier to pack. Try not to cut.

Pocketknife

Totin' Chip required. Victorinox Tinker or similar is fine. Avoid gadgets. *No large blades, fixed blades, switch blades, box cutters, etc.*

Plastic bags

Garbage bags (30+ gallon) and ziplock bags (1 gallon). Bring 2-3 of each.

LIGHTING

Flashlight or headlamp

AAA or AA models. Others are probably too big or impractical. LEDs use less energy and are more reliable than incandescents. Headlamps are more convenient than handhelds. *Pack extra batteries (and a bulb for incandescents).*

Backpacking lantern

Small and lightweight. Battery or candle. *No flames in tents.* Optional.

KITCHEN. *Keep stocked and ready to go.*

Cup

Plastic, non-breakable. Insulated mugs with a lid and volume graduations are popular.

Bowl

Small, plastic, non-breakable. Sandwich keepers are popular, or re-use a food container.

Spoon and fork

Backpacking set or bring from home.

Matches

Wooden. Carry in a small container like a used medicine bottle. Bring a striker even for “strike anywhere” matches. *No lighters.*

Fire starter

Wood shavings, dryer lint, etc. Optional.

Liquid soap

A couple of ounces in a leakproof plastic bottle.

Scouring pad (green cellulose)

Small piece (1/4 pad) in a sealed plastic bag.

Steel wool pads

1-2 in a sealed plastic bag.

Paper towels

Bring a few sheets in a sealed plastic bag.

Aluminum foil

Large folded sheet. Recommended.

Beverage crystals

Small packets available. Optional.

Hot beverage packets

Cocoa and soups. Recommended.

Oatmeal

Easy, hot meal...just in case. Recommended.

WATER AND FOOD

Water

2-3 liters. Disposable plastic bottles are okay. Nalgens are durable and fairly inexpensive. Create

a hydration system by adding a drink tube to certain bottles or bladders, or use a hydration pack. *No metal canteens or glass bottles.*

Bag lunch

For Saturday typically. Beware food spoilage. Limit packaging. Choose plastic over paper bags. *No soda or lots of snacks.*

Trail breakfast

For Sunday typically. Fresh fruits, cereal and granola bars, bagels, etc.

Trail snacks

Healthy, high-energy. Mix nuts, seeds, dried fruits, and M&Ms. Cereal and granola bars are popular as well. So are fresh fruits.

HYGIENE. *A Scout is clean! Use soap from camp kitchen for washing.*

Toothbrush / paste

Travel-size. In bag or case.

Comb or brush

Small and lightweight.

Mirror

Metal. *No glass.* Recommended.

Deodorant

Trial-size stick. *No aerosols.*

Tissues

Or use toilet paper.

Toilet paper

Store a small amount (nearly empty roll) in a sealed plastic bag. Just in case!

Plastic trowel

For latrine use. Optional.

MEDICAL SAFETY

First aid kit

Small and lightweight. See Scout Handbook. Remember to include any medications.

Foil blanket

Disposable, for emergency. Recommended.

Sunscreen

Travel size, SPF 15+. For sunny weather.

Insect repellent

Travel size. Avoid highly concentrated products. For warmer weather.

NAVIGATION**Compass**

Liquid filled, 2° graduations, transparent base with scale, and lanyard hole.

GPS receiver

Not instead of compass. *No phones*. Optional.

Whistle

Small and lightweight. For use if lost.

Pedometer

Measures distance walked. Optional.

REPAIR AND MAINTENANCE**Sewing kit**

Very small...for critical repairs.

Knife sharpener

Small and lightweight. Optional.

MISCELLANEOUS**Spending money**

Enough for a fast food meal on the road – Sunday's lunch typically.

Watch / alarm

Know what time it is and when to wake. Recommended.

Thermometer

Inexpensive zipper pull models are handy (if not very precise). Digital thermometers are often bundled with camp clocks.

Camp seat

Foam pads and lightweight, packable camp stools

are popular. Optional.

Trek pole

Many uses. Optional.

Writing materials

Few sheets of paper and a pen.

Scout Handbook

Recommended, but not for backpacking.

Camera

No phones. Optional.

➤ CLOTHING

Dress in layers and be prepared for a wide range of conditions. Pack changes in ziplock bags, then repack with laundry. Avoid cotton in colder weather. Expect clothing – particularly socks and pants – will get wet. It can get quite chilly when the sun goes down, even in warmer months, so bring a hat and gloves just in case.

Hiking boots

Full height (~5") is best for ankle support and wet conditions. Lightweight hikers are fine. Work boots are okay. *No sneakers*. Break in before use. Waterproof. Gore-Tex and similar materials are great but costly. Inexpensive sprays are effective when properly applied. Fit is important. Avoid buying too large to grow into. Try on with liner and hiking socks. Push toes forward in unlaced boot until they are right up against the front. An index finger should easily fit behind the heel. Next, tap heel back into the heel cup (always do before lacing) and lace snugly from bottom to top. The heel should not be able to lift much more than ¼ inch. Boots should feel snug in the ball and the ankle. Lastly, check the toes. Kick on them. You should feel pressure on impact but not a sharp stab. Walk down a 45° incline. Toes should not jam against the front of the boot. If lacing tighter over the instep doesn't help, boots are too short or wide.

Gaiters

Protects boot uppers and pant bottoms. Recommended for wet conditions.

Hiking socks

Cushions and insulates. Wool or synthetic. Have a

pair for each day plus an extra.

Liner socks

Wear under hiking socks to reduce friction. Lightweight polypropylene or similar wicking synthetic. Have a pair for each day plus an extra.

Long underwear

Midweight polypropylene and similar wicking fabrics. *Never cotton.* Look for factory 2nds. Costly brands offer little or no advantage. Tops and bottoms usually sold separately. Have a set for each day in colder months and a set for chilly nights during warmer months.

Underpants

Synthetics and blends are best. Bring a pair for each day plus an extra.

Long pants

Synthetic or wool is best. *Never 100% cotton in colder weather*, but blends (<50%) are okay in a pinch. *Never jeans or sweat pants.* In colder months, bring a pair for each day plus an extra if wet conditions are expected. In warmer months, bring a pair as protection against sun, insects, irritating plants, and chilly nights. Zip-offs double as shorts.

Short pants

Lightweight. Warm weather. Zip-offs double as long pants. *No denim.*

Long-sleeve shirts

Synthetic or wool is best. *Never 100% cotton in colder weather*, but blends (<50%) are okay in a pinch. In colder months, bring one for each day plus an extra if wet conditions are expected. In warmer months, bring one as protection against sun, insects, plants, and chilly nights.

Short-sleeve shirts

Synthetics and blends are best. Warm weather. One for each day. Bring Class B shirts if short-sleeve will be outer layer.

Sweater or fleece

Wool or synthetics. *Never cotton.* Use as a covered layer in cold weather or as an outer layer in warmer weather.

Outer shell jacket

Lightweight and wind resistant. Models made from breathable, waterproof fabrics like Gore-Tex are great (but costly) and can double as rain gear. Hooded is a plus.

Rain gear

Sturdy poncho or rain suit (jacket and pants). Coated nylon recommended. PVC and cheaper plastics tear easily and aren't worth it. Breathable, waterproof fabrics like Gore-Tex are great but costly.

Winter hat

Troop-issued synthetic wool hat preferred. For cold weather and chilly nights.

Gloves / mittens

Water repellant recommended. Mittens are warmer, but gloves allow more freedom. Consider gloves plus shell mitts. Bring an extra pair in cold weather. Pack a light pair for chilly nights during warmer months.

Liner gloves

Polypropylene or similar wicking fabric. Wear under regular gloves or mittens for added warmth and to protect skin when you need to take outer layer off. Recommended for cold weather or for chilly nights during warmer months.

Ear band

Use when a hat isn't needed or as additional protection. Recommended for cold weather.

Neck gaiter or scarf

Insulates neck and keeps drafts out. Recommended for cold weather.

Balaclava

Keeps head and face warmer. Great to sleep in. Recommended for cold weather.

➤ **PATROL EQUIPMENT**

Supplied by Troop 75. Check for completeness, condition, and cleanliness before packing. Return clean and ready to go for next time. Report damage and problems.

Tents

One for every two Scouts. Fabric and poles can be separated to share weight. Check tent body, fly, poles, and ground cloth. Set up after use to dry and air out. Return inside out. *No food or drink in tents.* Personal tents are discouraged.

Tarps

Return aired out and dry.

Water storage bags

Pack empty. Return rinsed out and dry.

Water purifiers

Separate intake from outflow after use so as not to contaminate. Return rinsed out and dry.

Cookware

Pots, pans, grills, griddles, dutch ovens, spoons, ladles, forks, knives, spatulas, can openers, hot pot tongs, cutting boards, etc. Sanitize before returning. *No steel wool on cast metal items.*

Camp stoves

Instruction required for safe use. Return clean.

Fuel bottle

Unauthorized fuels prohibited.

Saws / hatchets

Rarely needed. Totin' Chip required.

➤ **VENDORS**

A Scout is thrifty! First, see what you already have around the house. Be creative. Camping accessories make great gifts. Backpacking-appropriate gear and technical clothing may be difficult to find locally, especially at competitive prices. Sporting goods stores and mass retailers tend to carry a limited selection of primarily car-camping gear.

Campmor

Good selection. Low prices. Some private-label items. Retail store in Paramus, NJ. Very popular in all categories. [www.campmor.com]

Sierra Trading Post

Liquidator. Hit or miss selection and sizes. Low prices. [www.sierratradingpost.com]

Eastern Mountain Sports (EMS)

Good selection. Pricey...but watch for sales. Some private-label items. Retail store at Smithhaven Mall. Popular for accessories and items that need to be tried on for proper fit. [www.ems.com]

REI

Good selection. Pricey...but watch for sales. Some private-label items. [www.rei.com]

Backcountry.com

Good selection. High end manufacturers well represented. Pricey...but watch for sales. [www.backcountry.com]

Cabela's

Best known for hunting / fishing gear and outdoor clothing. Limited selection of camping gear. [www.cabelas.com]

Target

Limited selection. Convenient retail locations. Low prices. [www.target.com]

The Sports Authority

Limited selection. Convenient retail locations. Website not affiliated with stores.

The following applies to youths and adults alike:

Don't bring soda, lots of snack foods, aerosol cans, glass containers, lighters (youths), unapproved fuels, fireworks, switch blades, box cutters, fixed-blade knives, weapons, indecent materials, alcohol, or illegal drugs. Tobacco use is restricted to adults and its presence should be "invisible" to the Scouts.

No personal entertainment electronics or phones (youths) at outdoor activities – although they may be brought and left behind in the car. Adults may discretely carry communication devices during outdoor activities, but casual use is strongly discouraged.