

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. Plastic bags do not work well for this purpose, a real pack cover is much better. Essential.

Straps

For attaching gear like sleeping bags and tents to the pack frame. The initial troop issue of two straps is minimal; you really need 4-6. *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. The extra room and useful life of a regular length instead of 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

Compacts sleeping bag to a smaller size than the standard stuff sack and makes for easier packing. Various styles available. Optional but recommended

Sleeping pad

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

GENERAL

Tent stakes

The initial troop issue is minimal and assumes that tent buddies share. Bring at least 8. Buy some extras because they do get lost.

Rope

¼" parachute cord or 3 mm power rope are recommended. Two 6-foot pieces, two 12-foot pieces and a 24-foot piece will easily fit into a quart zip-lock bag and weigh only a few ounces. Nylon rope should be fused after cutting and before use.

Pocketknife

Totin' Chip required. Victorinox Tinker or similar is fine, a multi-tool such as a Leatherman or Gerber is handier but tends to be more expensive. Knives do get lost, so don't buy the most expensive. *No large blades, fixed blades, switch blades, box cutters, etc.*

Plastic bags

Garbage bags (16-gallon kitchen size) and zip-lock bags (1 gallon). Bring 2-3 of each.

LIGHTING

Flashlight or headlamp

AAA or AA models. Others are probably too big and heavy. LEDs use less energy and are more reliable than incandescents. Headlamps are more

convenient than handhelds. *Pack extra batteries (and a bulb for incandescents).*

KITCHEN

Cup

Plastic, non-breakable. Insulated mugs with a lid are popular. Optional.

Bowl

Small, plastic, non-breakable. Sandwich keepers or other small food-storage containers work well.

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 leak-proof 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. Cut them in half before you pack them so you can use half at a time. (Less trash to pack out.)

Beverage crystals

Lemonade, iced tea, or the like. Small packets available. Optional.

Hot beverage packets

Cocoa and soups. Recommended on cold-weather trips. But if you bring this, make sure you bring a cup.

WATER AND FOOD

Water

2 one-liter plastic bottles such as Nalgens. The ones with a loop holding the cap to the bottle are a good choice. Disposable plastic bottles are not recommended – they create waste that has to be packed out. *No metal canteens or glass bottles.*

Although two bottles are normally all you need, there are times (such as a September trip after a hot dry summer) when we may not find much water on the trail and we'll tell everyone to bring three bottles. So it's a good idea to buy a third bottle and have it available for those times when it may be needed.

Bag lunch

A bag lunch for Saturday is the usual plan. Beware food spoilage. Limit packaging because wrappers and boxes that you carry will become trash that you have to pack out. Do not bring *soda or lots of snacks.*

Trail breakfast

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

Trail snacks

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

HYGIENE

Soap

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

Toothbrush / paste

Travel-size. In bag or case.

Tissues

Tissues create trash that you will have to save and pack out to dispose of. A handkerchief is a better choice.

Toilet paper

Store a small amount (nearly empty roll) in a sealed plastic bag. You can remove the cardboard roller to save some space and make it more packable.

Plastic trowel

For latrine use. Optional.

MEDICAL SAFETY**First aid kit**

Small and lightweight. Include band-aids, gauze pads, alcohol wipes. See Scout Handbook. Remember to include any medications that you require. You can fit what you need into a quart zip-lock bag.

Sunscreen

Travel size, SPF 15+. For sunny weather.

Insect repellent

Travel size, liquid or pump-spray, no aerosols. Avoid highly concentrated products. For warmer weather.

NAVIGATION**Compass**

Liquid filled, transparent base with scale. Also get a lanyard so you can carry it around your neck where it's always handy

Whistle

Small and lightweight. For use if lost.

REPAIR AND MAINTENANCE**Sewing kit**

Very small, with heavy-duty thread and needles. For critical repairs of clothing or pack.

MISCELLANEOUS**Spending money**

Enough for a fast food meal on the way home on Sunday

Watch / alarm

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

Camp seat

Foam pads and lightweight packable camp stools are popular, but they take up space and/or add weight. Optional.

Scout Handbook

Recommended on local trips such as camporees, but not for backpacking.

Camera

Optional. *No phones.*

 CLOTHING

Dress in layers and be prepared for a wide range of conditions. Pack changes of clothes in zip-lock bags, then use the same bag to pack out dirty clothes. Avoid cotton.

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.

On a cold-weather trip, change everything -- including long johns, underpants and socks -- before you get into your sleeping bag. The clothes you've worn all day will be damp from sweat and if you sleep in them you'll probably feel chilly. So change before you turn in and put on the clothes you'll wear the next day; they'll be clean and dry and they'll keep you warmer than the ones you've been wearing.

Hiking boots

Full height (~5") is best for ankle support and wet conditions. Lightweight hikers are fine. Work boots are okay. Break in before use. *No sneakers.*

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 or snowy 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.

Long underwear

Lightweight or midweight polypropylene and similar wicking fabrics. *Never cotton*. Costly brands offer little or no advantage. Tops and bottoms usually sold separately.

Underpants

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

Long pants

Synthetic is best. Nylon is light in weight, wind-resistant and dries quickly if it gets wet. *Never jeans or sweat pants*. 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 cotton/synthetic blends are okay. In warmer months, bring one as protection against sun, insects, plants, and chilly nights.

Short-sleeve shirts

Synthetics and blends are best. One for each day.

Sweater or fleece

Wool or synthetics. *No cotton*. Use as a warmth layer in cold weather

Outer shell jacket

Lightweight and wind resistant, preferably with a hood. Models made from waterproof-

breathable fabrics like Gore-Tex are great and can double as rain gear. Gore-Tex is expensive, but many brands have proprietary waterproof-breathable fabrics that cost considerably less and are nearly as effective.

Rain gear

A rain jacket and rain pants are preferred. Ponchos do not work well for backpacking. Coated nylon recommended. PVC and cheaper plastics tear easily and aren't worth it. See notes above regarding waterproof-breathable fabrics, especially for the jacket.

Winter hat

Troop-issued synthetic hat or other warm hat preferred. A must for cold weather to prevent excessive heat loss through the head.

Gloves/mittens

Water repellent recommended. Mittens are warmer, but gloves allow more freedom. Liner gloves plus mittens are a popular choice and work very well.

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

Insulates neck, keeps heat in and drafts out. Recommended for cold weather.

Balaclava

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

PATROL EQUIPMENT

These items are supplied by Troop 75, not by scouts. Each scout on a camping trip is expected to carry a share of patrol equipment and/or food. Troop equipment taken out for a camping trip is to be returned at the next

troop meeting, clean and ready to go for next time.

Tents

One for every two Scouts. Fabric and poles can be separated to share weight. Set up after use to dry and air out. *No food or drink in tents.*

Tarps

Return aired out and dry.

Water storage bags

Pack empty. Return rinsed out and dry.

Water purifiers

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. Clean thoroughly before returning, but *do not use steel wool on cast metal items.*

Camp stoves

Instruction required for safe use. Return clean.

Fuel bottle

Unauthorized fuels prohibited.

VENDORS

Campmor

Good selection, low prices, fast delivery for on-line orders. Retail store in Paramus, NJ. Very popular in all categories. [www.campmor.com]

Eastern Mountain Sports (EMS)

Good selection. Somewhat expensive but watch for sales. Retail store in Carle Place. Popular for accessories and items that need to be tried on for proper fit. [www.ems.com]

REI

Good selection. Somewhat expensive but watch for sales. Retail store in Carle Place (close to EMS). Popular for accessories and items that need to be tried on for proper fit. [www.rei.com]

Backcountry.com

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

Target, Walmart, Sports Authority, Dick's Sporting Goods

These stores have a limited selection of camping equipment, most of it of mediocre quality. Okay for small items – water bottles, stuff sacks, etc., but not recommended for major purchases.