

Troop 282 Personal Clothing and Equipment List

TEN ESSENTIALS - REQUIRED FOR EVERY HIKE:

- Water in a 1 Qt Wide Mouth Poly Bottle**
- Extra Food** (trail mix)
- Rain gear & Extra Clothes** (pants and jacket or poncho)
- Sun protection** (hat, sun glasses, sun screen & lip balm)
- Topographic map** (in ziplock bag) & **Compass ***
- Personal First Aid Kit**
- Whistle** (carry in pocket)
- Matches** (in waterproof container) & **Fire starter** (or candle)
- Scout knife ***
- Flashlight** (with fresh batteries, extra batteries & spare bulb)

* at least one per every three scouts

REQUIRED FOR EVERY OVERNIGHT:

TEN ESSENTIALS and:

- Backpack w/frame & waist belt
- Pack cover (or large garbage bag)
- Ground Cloth (water proof)
- Sleeping Bag in plastic bag, inside stuff sack (20 degree rating)
- Foam sleeping pad
- Eating Utensils, Plastic cup & spoon
- 2 extra large garbage bag
- 50' nylon cord (1/8 inch)
- Biodegradable soap
- Small towel
- Toothbrush & tooth paste
- Watch
- Personal medications (must inform leader)
- Trowel or spade
- Toilet Paper &/ wet wipes in zip lock bag
- Insect repellent
- Extra clothes to wear home (to be left in car)

Wear &/ Pack:

- Long pants &/ Hiking/swimming shorts (one pair)
- Long sleeve shirt
- Insulating layer (fleece)
- Windbreaker
- Hiking boots (waterproofed)
- T-shirt (preferably polypropylene)
- Underwear / polypropylene long underwear
- Hiking socks (2-3 pair, wool or polypropylene)
- Sock Liners (2-3 pair, polypropylene)
- Gaiters
- Hat &/ bandana

Pack:

- Extra T-shirt
- Extra underwear
- Camp shoes (light weight sneakers/aqua socks)
- Work gloves
- Knit or wool cap (covers the ears)

OPTIONAL:

- Water tablets
- Pencil & notepad
- Rubber bands
- Camera / film / batteries
- Cards & travel games
- Shampoo
- Ice axe
- Bug Hats w/mesh
- Fishing gear & license
- Binoculars
- Handkerchief or tissues
- Spending money
- Day pack
- Scout handbook
- Reading material / field guides
- Camp chair or seat

ADD FOR A WINTER HIKE:

- Winter Underwear (top & bottom)
- Mittens or gloves
- Sleeping bag liner
- Warm coat
- Insulated boots (optional)

NOTES:

On backpacking trips leave room in backpack for patrol gear and food

One of our objectives is to keep the packs as light as is reasonably possible. To make the trip as fun as possible during hiking, each boy should carry only 20% of their weight.

No electronic devices, no tobacco, no drugs, no alcohol, no aerosol or glass containers

REMEMBER: COTTON KILLS: Try not to use any cotton clothing. NO jeans, cotton t-shirts, etc. **WOOL OR POLYPROPYLENE IS BEST**