

Cool/Cold Weather

Packing for a camping trip can be an overwhelming task. Over-packing for camp is a common error, especially for first-year campers. But you also have to make sure you pack everything you will need. These packing lists will apply for most camping trips, however, some trips (such as canoe trips, cycling trips, caving trips, etc.) will have special packing requirements, so you should always attend the troop meetings before each trip when the details for the trip are discussed.

Please stick to the equipment and clothing on the list. We recommend that you permanently mark your name (or initials) and troop number on all your equipment items, especially for summer camp camporees. Follow these packing lists and maybe you can avoid that, ““Oh, no, I forgot”” scenario.

THINGS NOT TO BRING ON CAMPING TRIPS

- ✘ Clothing with words and/or symbols not consistent with scouting principles
- ✘ Televisions, stereos/radios/cassette/CD players (boom boxes, pagers, electronic games, and other electronic devices)
- ✘ Aerosol spray cans of any kind (including deodorant, insect repellent, hair spray, paint, etc.)
- ✘ Hunting and sheath knives
- ✘ Sling shots and other weapons
- ✘ Lighters
- ✘ Candles and candle lanterns
- ✘ Heaters
- ✘ Gasoline, kerosene, and other liquid fuels
- ✘ Fireworks
- ✘ Guns and ammunition
- ✘ Paintball guns
- ✘ Bows and arrows
- ✘ Cigarettes, snuff, and other tobacco products
- ✘ Beer and other alcoholic beverages
- ✘ Illegal drugs and controlled substances
- ✘ See our troop policy on cell phone use

WE WILL BE OUTSIDE ALL THREE DAYS. THERE ARE NO INSIDE FACILITIES UNLESS THERE IS AN EMERGENCY.

Size and weight are important things to consider when packing for a backpacking trip. You don't want to carry big, bulky items or any unnecessary, additional weight -- but you also want to make sure you have everything you'll need. Consider clothing and outerwear made of synthetic fabrics (Polypropylene, ThermaSilk, ThermoMax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants and thin liner socks are especially important items to consider made from these fabrics.

In addition to the above items, you'll have to carry your share of food and patrol/troop equipment, too. When you leave your house, there should be some extra space in your backpack to add these items which will be distributed at the departure place. Your full backpack should weigh no more than 25% (1/4) of your body weight. And remember -- ***you bring it, you carry it!***

TRAVEL

Unless stated otherwise, we travel to and from ALL trips in full Class A uniform. Except in certain special circumstances, scouts are not expected to wear their class A uniform once we arrive at camp.

CLOTHING

- Hiking boots (these are a MUST) *
- Extra sneakers or shoes (for in-camp)
- Thick wool socks (cotton socks can cause blisters)
- Thin liner socks (silk or synthetic) if wool socks bother you
- Short-sleeved shirt or T-shirt
- Sweatshirt
- Blue jeans or other long pants **
- Shorts **
- Sweat suit for sleeping (optional)
- Long thermal underwear (shirt and pants)

One (1) change of clothes:

- Long-sleeved shirt
- Thick wool socks (cotton socks can cause blisters)
- Shorts
- Regular socks for in camp
- Underwear

OUTERWEAR

- Jacket or sweater
- Cloth stocking cap
- Jacket, sweater, or hooded sweatshirt
- Poncho or raincoat and rain hat

BEDDING

- Sleeping bag (Remember, the temperature can drop as low as the mid 30's this time of year).
- Sleeping pad (3/8 or 1/2 inch thick pad of closed cell foam. It should not absorb water)
- Pillow or air pillow
- Bug net

* Do NOT bring brand-new hiking boots to the trip! New boots take time to break in and will cause serious blisters if used on the trail right out of the box. Before the trip wear your new boots (with the wool socks) for a few days to soften the leather and break them in. Trust me, your feet will thank you!

** The official BSA pants (either the cotton/canvas or nylon "switchback" pants) are great for hiking and camping. They are comfortable enough to sleep in, have plenty of external pockets, and have the advantage of zip-off legs so they convert to shorts which saves you packing space.

CAMPING GEAR

Tents are provided by the troop

- Flashlight (be sure to check the batteries)
- Sunscreen
- Lip balm
- Insect repellent (*NON-AEROSOL*)
- Boy Scout Handbook*
- Backpack or duffel bag to carry everything in
- Mess kit (plate, bowl, cup)
- Eating utensils (fork, knife, spoon)

PERSONAL ITEMS

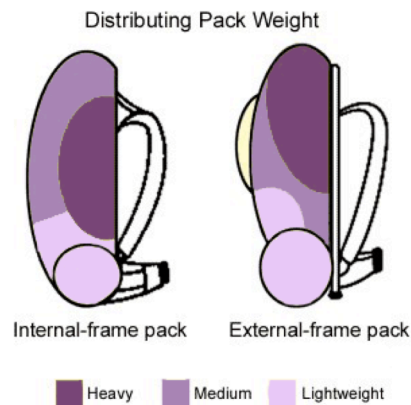
- Pocket knife -- ***NO sheath knives***
- Totin' Chip card
- Two (2) canteens or water bottles (with water)
- Hand soap in container
- Small towel
- Toothbrush
- Toothpaste
- Deodorant (*NON-AEROSOL*)
- Comb and/or brush
- Medication (if applicable)
- Toilet paper

OPTIONAL ITEMS

- Personal First Aid Kit
- Metal or plastic mirror
- Compass
- Backpacking stool
- Nylon cord for clothesline
- Clothespins
- Lip balm
- Camera
- Hat or cap
- Sunglasses
- Watch

HOW TO PACK YOUR BACKPACK

There are two basic styles of backpacks: Internal Frame and External Frame. Which option you choose really boils down to personal preference. No matter which option you choose, the principles are pretty much the same. Proper weight distribution is critical. A properly balanced backpack will make or break your trip!



Internal-Frame Packs

Whether you are hiking or traveling on- or off-trail, keep your heaviest items close to your back, centered between your shoulder blades.

For on-trail travel, keep heavy items higher inside your pack. This helps focus more of the weight over your hips, the area of your body best equipped to carry a heavy load.

Stuff your sleeping bag into its lower compartment first. Squeeze in any additional lightweight items you will not need until bedtime (pillowcase, sleeping shirt, but nothing aromatic). This will serve as the base of the main compartment, which you'll fill next. Tighten all compression straps to limit any load shifting.

External-Frame Packs

As with an internal, keep your heaviest items close to your back, near your shoulder blades. Load heavier items high inside your pack and close to your body. This centers the pack's weight over your hips and helps you walk in a more upright position.

Pack your sleeping bag in its stuff sack. Finish loading your main compartment, and then strap the bag to the lash points on the bottom of the main bag. If rain seems likely, consider stuffing your sleeping bag inside a second stuff sack or wrapping it in a plastic trash bag.

Tips for Either Pack Style

Make sure some items are easily accessible, packed in places where they can be reached with a minimum of searching:

- Map/Compass
- Car Keys
- Sunglasses
- Insect repellent
- Snack food
- Flashlight/headlamp
- First-aid supplies
- Water bottles
- Rainwear
- Pack cover

Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back. Place heavy gear at the top of your pack so that its center of gravity is high and close to your shoulders. Your pack should also be balanced from side-to-side. Do not waste empty space. Cram every nook with something. Put a small item of clothing inside your pots, for example. Smaller items, such as food, pack more efficiently in individual units rather than when stored loosely inside a stuff sack.

If you are part of a group, split up the weight of large items (a tent, for instance) with other group members. Do not make one person become an involuntary packhorse.

Minimize the number of items you strap to the outside of your pack. Gear carried externally may adversely affect your balance. Secure any equipment you carry outside so it does not swing or rattle.

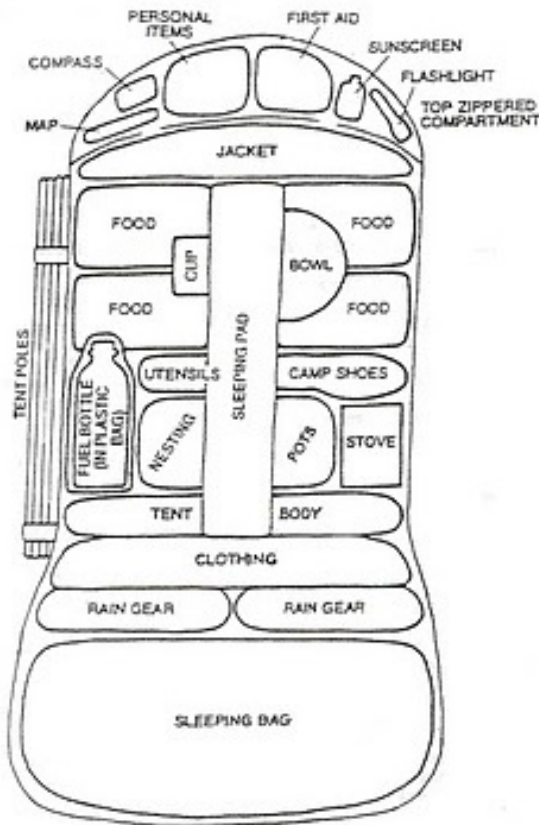
Make sure the cap on your fuel bottle is screwed on tightly. Position it below your food inside your pack in case of a spill.

Carry a pack cover. Backpacks, though made with waterproof fabric, have vulnerable seams and zippers. After a few hours of exposure to persistent rain, the items inside your pack could become wet-and thus much heavier. A large plastic trash bag works well. (http://metaldetectingworld.com/how_to_pack_backpack.shtml)

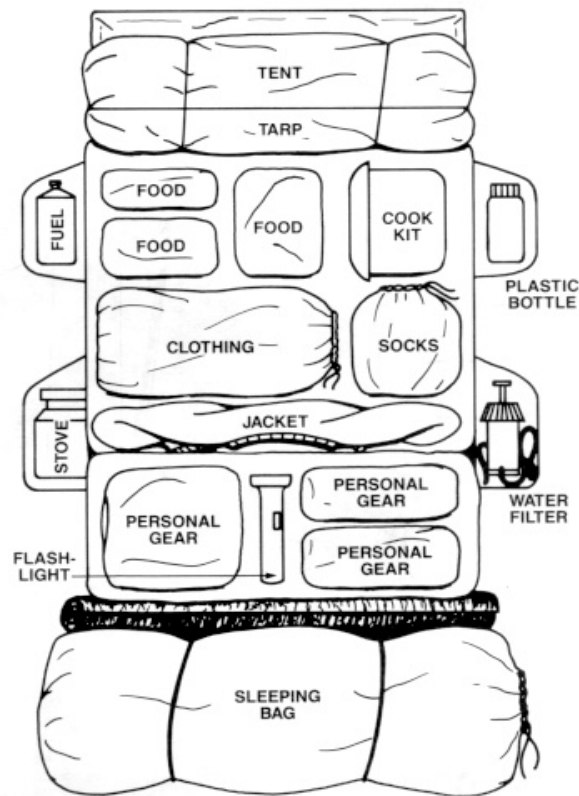
SAMPLE PACKING INSTRUCTIONS

(Note: These diagrams are examples and are not meant to cover all circumstances. Use your best judgment)

Internal Frame Pack



External Frame Pack



YOUR BACKPACK:

- ✓ Backpacks come in different styles and sizes — Make sure you have padded shoulder straps, a padded hip belt, and make sure it fits you properly and comfortably
- ✓ Don't borrow a backpack from an adult or bigger brother, especially an older-style one — it probably won't be properly sized for you and the newer style packs are much lighter and easier to carry
- ✓ If you don't want to spend the money to buy a good pack, consider renting one from a local outfitter such as REI in Marlton
- ✓ Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back
- ✓ Place lighter items at the bottom and heavier items at the top of your pack so that its center of gravity is high and close to your shoulders — your pack should also be balanced from side-to-side
- ✓ Place items you need to get quickly (flashlight, poncho, canteen, First Aid Kit, etc.) at the very top of the pack or in the outside pockets, if your pack has them
- ✓ **DON'T OVERPACK!** — Your full backpack should weigh no more than 25% (1/4) of your body weight, and remember, you'll have to add your share of food and patrol/troop equipment, too

CARE OF YOUR FEET:

- ✓ Make sure your toenails are trimmed properly
- ✓ Wash your feet thoroughly before putting on socks
- ✓ Wear two pair of socks to keep your hiking boots from rubbing against your feet, making blisters, and to "wick" the moisture away from your feet — the first pair should be thin liner socks (silk or synthetic), the second pair should be thick outer socks (wool or synthetic)
- ✓ Wear a pair of good-quality hiking boots with a thick rubber sole — boots must be broken-in before hiking, don't wear a pair of brand-new hiking boots!
- ✓ Upon reaching camp, take off your hiking boots and both pair of socks and put on one pair of clean, dry regular socks and sneakers or other comfortable shoes to give your feet a rest
- ✓ When breaking camp and beginning to hike again, take off your sneakers and socks and put on two pair of clean, dry socks (thin liner socks and thick outer socks as described above) and hiking boots

KEEPING WARM DURING THE DAY:

- ✓ Don't wear a heavy winter coat
- ✓ Dress in layers — wear an undershirt (T-shirt), a long-sleeved shirt (flannel is good), one or two sweatshirts or sweaters, and a jacket or light coat — as you warm up, you can "peel off" layers to stay comfortable

KEEPING WARM DURING THE NIGHT:

- ✓ Use a warm, winter weight sleeping bag or use a sleeping bag liner or a blanket wrapped inside a light weight sleeping bag — make sure you have insulation underneath you, too, because most of the heat escapes through the bottom of the bag into the ground
- ✓ Use a foam sleeping pad or air mattress for both comfort and warmth since it helps to block the heat escape, too — an air mattress is NOT recommended for cold weather because the air in the mattress will be as cold as the ground and will make you cold
- ✓ NEVER wear the same clothes at night that you've been wearing all day, they're damp from perspiration and this dampness will make you VERY cold at night — ALWAYS take off your day clothes and put on clean, dry night clothes before getting into your sleeping bag (this includes changing your underwear, long thermal underwear, and socks)
- ✓ Wear long thermal underwear shirt and pants and/or a sweat suit — don't wear the sweatshirt or jacket you wore during the day either, they're damp, too. Wear clean, dry socks and a clean, dry cloth stocking cap to keep your feet and head warm — most of your body heat escapes from these areas