

BSA Troop 1128

2012 Lightweight Backpacking Equipment List

Spring-Summer-Fall

Updated January 18, 2012

We form into crews for backpacking. Each crew comprises 6-10 Scouts and 2-4 adult Advisors. Each crew is lead by a Scout Crew Leader, who is assisted by one or more Scout Assistant Crew Leaders. The adult Advisors assist but don't lead the crew. Adults intervene for safety reasons only.

Always leave room in your backpack for your share of troop/crew supplied gear, such as food, dining fly, water bags, cook pots, backpacking stoves, fuel canisters, bear bags/rope, crew first aid kit, etc. For longer trips such as Philmont this may amount to more than your personal gear.

No cell phones, iPods, GPS, etc. They will only get lost or broken and add unnecessary weight. Adult Advisors will bring any needed cell phones, GPS, etc.

Total pack weight including crew gear should be no more than 25% of body weight. **The goal is to carry the lightest possible backpack**, with 15-20 lbs. being ideal for your personal gear, including pack and 1/2 tent; increasing to 25 lbs. total when water, food and crew gear are added for local trips; and 30 lbs. total being the maximum for High Adventure treks such as Philmont.

What follows is an essential guide that will provide a safe and enjoyable backpacking experience. It is the minimum required for safety and the maximum recommended for fun (heavy packs are not fun). Bring everything that is on this list (unless marked as optional). Bring nothing that is not on this list. Ask experienced Troop 1128 backpackers about modifications/replacements to this list.

Pack

- Backpack An adjustable frame pack is recommended for all Scouts, who are still growing. External frame packs are good for younger Scouts just starting out. Internal frame packs are good for more experienced Scouts. Packs should have a total capacity of 60-75 liters (3600-4600 cubic inches) and weigh 5 lbs. or less
- Pack Cover Waterproof and durable
- Pack Straps **NO BUNGEE CORDS.** Only if needed for external frame packs, two 2-3 ft. lightweight straps to tie down sleeping bag
- Sit Pad Small (16"x12") lightweight closed-cell foam pad, for sitting around camp and for lightning defense

Feet

- Boots **Well broken-in, waterproof** hiking boots with good ankle support. Avoid heavy mountaineering boots. Lighter mid-ankle hiking boots with a good sole are best
- Gaiters Optional, for keeping debris out of boots
- Camp Shoes Very lightweight sneakers or cros, for fording streams, wearing around camp, and as backup if boots fall apart
- Socks 2 pair lightweight "smartwool" hiking socks

Sleep

- Tent Two Scouts per tent; each Scout carries 1/2 tent. We use Troop tents or personal lightweight backpacking tents
- Sleeping Bag Good 25°F synthetic-fill mummy sleeping bag. Avoid heavy “winter” bags
- Stuff Sack Waterproof compression stuff sack
- Sleeping Pad Lightweight 3/4 length closed-cell foam or Therm-a-Rest sleeping pad
- Sleep Clothes For bear safety, we don’t sleep in our day clothes, which may have food on them. Use your long underwear top and underwear (below) as your Sleep Shirt and Shorts

Clothes

NO COTTON (except 1 cotton t-shirt for Summer only). All clothes are stored in a small stuff sack to stay dry. The key principle is **layers**: hiking is hot work but when we stop for break or camp, extra layers must be readily available for warmth

- Rain Suit **NO PONCHOS**. Get a good lightweight waterproof nylon or Gore-Tex rain suit (hooded jacket and pants). We often hike in our rain suit when it rains horizontally, and it is also a warmth layer
- Long Pants 1 pair lightweight, quick drying nylon pants, zip convertible to shorts. BSA nylon “Switchback” pants are good but expensive; look for similar at camping stores
- Shorts 1 pair lightweight, quick drying nylon shorts
- Underwear 2 pair. Also use as Sleep Shorts
- T-shirts 1 poly and 1 cotton t-shirt for Summer only; or 2 poly t-shirts
- Long Sleeve Shirt 1 lightweight quick drying nylon shirt
- Long Sleeve Fleece 1 light (200) weight pullover poly fleece
- Long Underwear Top 1 lightweight poly top only. Use as Sleep Shirt and extra warmth layer

Hats Wide-brim hat for hiking in sun, plus lightweight warm hat, even in Summer

Gloves Lightweight fleece glove liners for warmth, even in Summer

Water

3 Liters One 2-liter water reservoir with drinking tube, and one 1-liter water bottle. Normally we hike with 2 liters filled but sometimes a dry camp requires us to carry 3 liters

Eating (Avoid metal mess kits and utensils)

Bowl Small plastic bowl (boil safe).
Spoon Lexan soup spoon or “spork” (boil safe).
Cup Small plastic cup (boil safe). Optional (bowl can be used as cup)

Personal First Aid Kit (in small ziploc plastic bag)

Prescribed Medicine As needed **but tell your adult Advisor**

Lip Balm SPF 30 (no scent); sunburned lips are painful

Antiseptic Ointment Smallest (0.5 oz) tube Neosporin or similar

Band-Aids Four 1” Band-Aids

Gauze Pads Two 2”x2” sterile gauze pads

Moleskin One 3”x6” sheet for blisters

Tylenol/Advil Several of your choice for pain

Antacid Several Pepto-Bismol or similar

Anti-diarrhea Several Imodium AD or similar

Personal Hygiene NO DEODORANT. It attracts the wrong kind of wildlife

Hand Sanitizer Smallest (1 oz) bottle of Purell (no scent)

Toothbrush Lightweight travel toothbrush

Small Towel Small lightweight (2 oz) camp towel, e.g. MSR PackTowel
Good as washcloth and for drying hands, face, dishes, etc.

Toilet Paper Small personal roll in ziploc plastic bag

Bathing For longer trips only: smallest (2 oz) container of Campsuds (no scent)

Laundry For longer trips only: one 2-gallon ziploc plastic bag for washing clothes

Essentials Always carry these items

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|----------------------|---|
| Prescription Glasses | As needed, with security strap and case |
| Sunglasses | Inexpensive, with security strap; secure clip-ons for prescription glasses |
| Bandana | For perspiration, cooling, cleaning, first aid, etc. |
| Knife | <u>Small</u> lightweight knife with 1 blade and scissors (for moleskin) |
| Lighter | Small inexpensive plastic lighter works better than matches |
| Compass | Lightweight and reliable |
| Headlamp | Small lightweight LED headlamp with new batteries |
| Repair Kit | Extra pack buckles for hip belt and pack straps Extra clevis pin <u>for external frame packs only</u> Extra bite-valve for water reservoir drinking tube 1 6" plastic cable-tie for general pack repair Extra ziploc plastic bags as needed |

Optional

| | |
|----------------|--|
| Trekking Poles | |
| Bug Headnet | Occasionally required depending on trip. Ask your Crew Leader |
| Watch | Inexpensive |
| Camera | Inexpensive (note that adult Advisors always have cameras for group shots) |

Crew Gear

Do not bring any of these items on a Troop Backpacking Trip

Personal items supplied by Troop/Crew to avoid duplication / extra weight

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|------------------|--|
| Leatherman Knife | Only one large knife / multi-tool is needed per crew |
| Toilet Paper | As needed in ziploc plastic bags |
| Camp Trowel | Only one trowel is needed per crew, in ziploc plastic bag |
| Sunscreen | SPF 30 (no scent) |
| Toothpaste | We all brush our teeth at the same time, morning and evening |
| Parachute Cord | 50' of strong lightweight cord |
| Duct Tape | Useful for gear repair and as medical tape. We carry a small roll per crew |
| Insect Repellent | Occasionally required depending on trip |

All other equipment/gear required for a successful backpacking trip of any length will be supplied by the Troop/Crew, including food, dining fly, water bags, cook pots, backpacking stoves, fuel canisters, bear bags/rope, crew first aid kit, etc. Consult with your Crew Leader with any questions.

Wisdom from Older Scouts to Younger Scouts - What this means to you!

MY CLOTHES I WILL WEAR (if not in my pack)

1 T-shirt
1 Shorts
1 Socks
1 Underwear
Bandana
Boots
Sunhat

MY CLOTHES I WILL PACK (if not on my body)

1 T-shirt
Long Pants that zip off to shorts
1 Socks
1 Underwear
Long sleeve shirt
Light fleece
Warm gloves
Warm hat
Long underwear top for sleep shirt and extra warmth
Crocs or shoes for stream crossing and wearing in camp
Small stuff sack for clothes

MY PERSONAL ITEMS (in my pack)

Medicine
Hand sanitizer
Chap Stick
Toothbrush
Towel
Toilet paper

MY PERSONAL FIRST AID KIT (in my pack)

Neosporin, ½ oz.
Band aids, 4 x 1 in.
Gauze pads, 2 x 2 in.
Moleskin
Tylenol or Advil
Antacid
Imodium AD

MY PERSONAL GEAR (in my pack)

Backpack
Backpack cover, must cover full pack
Hydration system, 2 liter
Water bottle, 1 liter Nalgene or drink bottle
Spare mouth piece for hydration system
Compass
Small knife
Sunglasses
Lighter
Headlamp with new batteries
Rain Gear, pants and jacket
Tent, ½ shared with tent mate
Sit pad
Sleeping bag in compression stuff sack
Sleep pad
Bowl, spoon and (maybe) cup
Pack straps, 2 x 3 ft. (only if I need them)
Plastic cable-tie, 1 x 6"
Replacement backpack parts: 1 hip belt buckle and 1 pack strap buckle

MY OPTIONAL ITEMS (in my pack or on my body)

Watch
Bug headnet
Camera
Carabiner
Trekking poles
Gaiters
Playing cards, Hacky Sack, Mad Libs

I WILL NOT FOR ANY REASON BRING THIS STUFF ON THE TRAIL

Small water bottles
Extra batteries
iPods, cell phones, GPS or anything electronic
Leatherman knife
Scout socks or anything cotton