



# Troop 392

## Weekend Packing List

This is a general list of requirements and suggestions.

Additional details around trip specifics will be covered in the troop meetings leading up to the campout.

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. It is recommended that you permanently mark your name (or initials) and troop number on all your equipment items, especially for summer camp and a camporee. Follow these packing list below and maybe you can avoid that, “Oh, no, I forgot ...” scenario.

### General

All gear must be packed in a backpack or duffel bag. External items attached to backpacks must be positively secured. All clothes should be “packed” inside your backpack or duffel in plastic bag(s) to keep things dry – packs/duffels are not always as waterproof as we like to believe. A wet scout is an unhappy scout.

Always travel to and from Weekend Activities in your Field Uniform! (required)

A scout is prepared! Check the weather before you pack!

All medicines (with Medications Form) must be checked-in with the Scoutmaster

### THINGS NOT TO BRING ON CAMPING TRIPS:

- Clothing with words and/or symbols not consistent with Scouting principles
- cell phones, pagers, electronic games, and other electronic devices
- Televisions, stereos/radios/cassette/CD players (boom boxes),
- 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
- Pressurized (liquid fueled) lanterns and equipment
- Gasoline, kerosene, and other liquid fuels
- Fireworks
- Guns and ammunition (including Paintball guns)
- Bows and arrows
- Playing Cards or other games of chance
- Cigarettes, snuff, and other tobacco products
- Beer and other alcoholic beverages
- Illegal drugs and controlled substances

# TENT CAMPING – SPRING OR FALL (cool/cold weather)

## CLOTHING

- Waterproof boots or hiking boots
- Extra sneakers or shoes (no open toe)
- Class A uniform (Boy Scout uniform shirt)
- Class B uniforms (Troop 392 T-shirt or other scouting related T-shirts)

### Daily change of clothes:

- Sweatshirt or Hoodie
- Long-sleeved shirts
- Short-sleeved shirt or T-shirt
- Shorts
- Blue jeans or other long pants
- Sweat suit for sleeping
- Underwear
- Thermal underwear (shirt and pants)
- Socks (twice as many if wet weather)

### Outerwear:

- Winter coat with hood
- Jacket and/or sweater
- Gloves or mittens
- Poncho or raincoat
- Hat or cap

## BEDDING

- Winter weight sleeping bag (15° F or below)
- Foam sleeping pad (no air mattresses)

## OPTIONAL ITEMS you may be glad you brought

- Pillow or air pillow
- Sleeping bag liner or blanket(s)
- Metal or plastic mirror
- Disposable camera
- Folding camp chair

## CAMPING GEAR

- Mess kit (plate, bowl, and cup)
- Utensil kit (knife, fork, and spoon)
- Canteen or water bottle (with water)
- Backpack or duffel bag to carry everything in
- 2 garbage bags (for dirty or wet clothing.)
- Notebook and pencils or pens
- Boy Scout Handbook
- Nylon cord for clothesline
- Clothespins

## SCOUT ESSENTIALS:

- Pocket knife – NO sheath knives \*
- Compass
- Personal First Aid Kit
- Flashlight or Headlamp with extra batteries
- Sunscreen and/or suntan lotion
- Compass
- Matches in waterproof container/Firestarter \*\*
- Whistle

## PERSONAL ITEMS

- Insect repellent (NON-AEROSOL)
- Lip balm
- Washcloth and towel
- Toothbrush and Toothpaste
- Deodorant (NON-AEROSOL)
- Shampoo and Soap (if showers are available)
- Shower thongs (if showers are available)
- Comb and/or brush
- Sunglasses
- Watch
- Totin' Chip and Firem'n Chit cards

Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants are especially important items to consider made from these fabrics. Wool socks are great in the colder weather.

\* Must have earned Totin' Chip to carry a knife

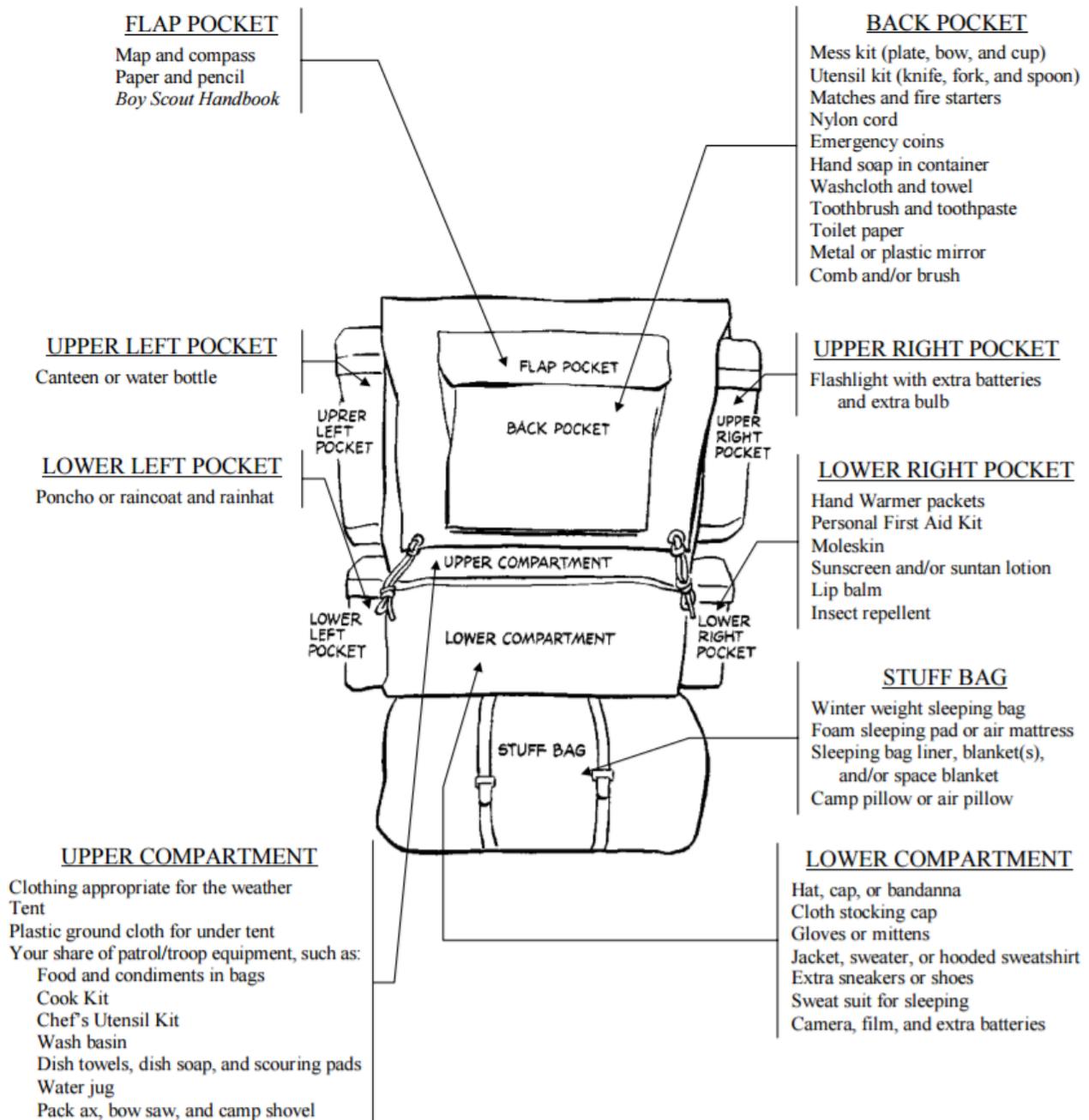
\*\* Must have earned Firem'n Chit to start a fire

# LOADING A BACKPACK

Once you've determined what to carry, the next step is to pack it for the trail. Small, frequently used items go in your pockets – your pocket knife, whistle, matches, a few adhesive bandages, etc.

Equipment you won't need until you make camp can go deep in the pack, but a sweatshirt, clean socks, and your lunch should ride just under the main flap. Carry your map and compass, paper and pencil, canteen, rain gear, flashlight, personal first aid kit, sun and insect protection, and trail snacks in the pack's outside pockets. Always return each small item to a specific pocket of your pack so you can locate it quickly.

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.



## BACKPACKING COMFORT TIPS YOUR BACKPACK:

- Backpacks come in different styles and sizes – an external frame pack with outside pockets, padded shoulder straps, and a padded hip belt is recommended 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
- 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 20% (1/5) of your body weight

## 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 lightweight 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 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