



Palos Verdes Estates, California

V. Backpacking Equipment

GENERAL BACKPACK LIST

TROOP 276

Backpack with

- * external frame (preferred for newer Scouts)
- * padded belly band
- * padded shoulder strips

Sleeping bag (line stuff sack with plastic garbage bag)

- * synthetic fibers are preferred (for better warmth when wet)
- * rated to 20 degrees F or below
- * tapered end (mummy style)

Pack cover (troop provided after first hike)

2 quarts water

- * one bottle should be accessible while hiking
- * bottles to be filled at home before hike regardless of the outing

Sierra Cup

Knife, fork, and spoon

50 feet nylon rope 1/8 in. thick (parachute cord) – "bear bagging" rope

Poncho

Tarp or water proof ground cloth

Three large plastic garbage bags (30-gallon size)

Three gallon size ziplock bags (for garbage and general use)

Small flashlight and extra batteries

Clothes - (pack in waterproof plastic)

- * pair of scout pants
- * change of undershorts
- * thermal underwear top
- * thermal underwear bottoms
- * wool or poly polypropylene hat and gloves
- * wool or polypropylene socks (extra set)
- * warm jacket or parka
- * Wash kit
- * wash cloth
- * small soap (motel size)

Toothbrush and tooth paste (smallest size available)

Toilet tissue and plastic trowel

Insulite pad or a Thermo-Rest

Note: This is a list of the essentials. If you choose to bring any personal items, it is your responsibility to carry them. Speak to your Patrol Leader or any member of the Leadership Corps if you have any questions.

Your pack should not weigh more than 1/4 (25%) of your body weight, so if you weigh 100 pounds, your pack should not exceed 25 pounds. For longer trips, more clothing will be required, but you will be briefed on the situation as it arises.

FANNY PACK LIST

TROOP 276 – SURVIVAL KIT

Basics

- compass (if not carried in pocket on red lanyard)
- knife (Boy Scout, Swiss Army, or other multi-purpose pocket knife) - can be carried separately on lanyard
- whistle
- signal mirror or reflector small notebook and pencil or pen (waterproofed)

Protection from Elements

- all weather matches (15-20) - (waterproofed)
- candle (3" - 6") - for light, starting fire with damp fuel, and/or saving matches
- space blanket
- garbage bag (30 gallon size) - for emergency rain and pack cover

Personal Comfort Items

- small chap stick or lip balm
- insect repellent (small container)

Emergency Food

- Emergency or quick energy food (granola bar, beef jerky, tea, cocoa, cup of soup packet, or hard candy, etc.) - (waterproofed)
- Water treatment capability (e.g. iodine, halazone tablets, Polar Pure or similar)
- 3 fishing hooks (approximately #10 size) and 20" of fishing line

First Aid Supplies (waterproofed)

- 10 band aids
- Moleskin (at least 4" x 6")
- 3 large adhesive pads (4" x 4")
- 5 alcohol pads
- 24 Tylenol tablets (in container)
- small roll of gauze bandage (2" wide x 6' long)

Other

- Parental consent form for Emergency Medical Treatment - (waterproofed)
- 2 quarters (50 cents for telephone use)
- sewing kit (2 needles and heavy twine/marlin - to repair equipment and clothes)
- 3' of 5/16" rope (get from troop quartermaster)

WATERPROOFED = MUST BE PROTECTED BY WATERPROOF BAG OR OTHER MEANS

BACKPACKING EQUIPMENT REQUIREMENT

TROOP 276

BACKGROUND

Troop 276 is a backpacking troop that emphasizes “high adventure” activities. The troop generally participates in ten hikes each year. These hikes will be from two days to nine days long and cover from 8 to 80 miles over every kind of terrain found in the southwestern states.

Backpacking is fun and develops self-reliance and self-confidence as well as physical fitness while providing the scout an awareness of the history and the natural environment of this area of the country. The scouts of Troop 276 take great personal pride in their accomplishments in the field. They have gained recognition for the orderly manner and discipline maintained by the scouts in the wilderness. They follow the rules, respect the environment and always strive to leave the wilderness in better condition than they found it. The troop will routinely pick up trash left by others and carry it out of the wilderness.

A new Scout entering the troop may find his first few hikes a little challenging but he will soon develop the mental attitude and physical skill required. Every new Scout must make a transition. To help the Scout through this period, the new Scout should consult his patrol leader and a little bit of help from his parents with selection of the proper equipment. As the Scout grows and becomes experienced, he will be the best judge of what he needs and wants to make his outdoor experience pleasurable, but in the beginning he will need some guidance.

EQUIPMENT

The complete Scout uniform is required attire in Troop 276 and has been found to be suitable attire for hiking and camping. Every Scout will need (a) hiking boots and socks, (b) backpack, (c) sleeping gear, (d) camping equipment, (e) additional clothing and (f) various optional items.

HIKING BOOTS AND SOCKS - A sturdy ankle high lace boot with a non-slip sole. Proper fit is important to give correct support and protection and to avoid painful blisters. The boot is frequently comfortable when worn with two pairs of socks. A lightweight Scout sock covered by hiking sock is a good combination. Wool blend or polypropylene socks wear well and stay warmer when damp. Avoid cotton socks!

BACKPACK - A lightweight sturdy frame pack with integral padded shoulder straps and a belly band. (An internal frame pack is not recommended - too expensive, not suitable for Troop 276 needs.) It is important that the pack fit correctly - especially for the beginner who is just developing the physical capability to handle this load. The fit of the straps and belt is critical. The belly band or strap allows the weight of the pack to be carried on the hips. This makes it easier to carry the weight and allows the Scout to remain stable while walking and climbing.

There are many different kinds of frames and packs. Welded frames are recommended over types which use pressure joints or are screwed together. There are various types of belts: wraparound, padded or unpadded, and numerous types of buckle mechanisms. The most important factor is to have the belt fit tightly just above the pelvis bone and that the scout is able to buckle and unbuckle the belt easily. The frame should provide for a place to strap sleeping bag below the pack. Weight carried high on the frame tends to make the scout top heavy and unstable.

The pack bag should be nylon or other durable material and have sufficient volume to carry the scout's camping gear. Side pockets should have zippers and provide easy access for frequently used items.

There are many types and styles of packs to choose from. Remember, "small" fits scouts up to 5'3" tall and most "medium" size packs are made for people over 5'3" and "regular" or "large" are suitable for people above 5'8" tall.

SLEEPING GEAR - There are a wide range of sleeping bags available. One made from synthetic fibers is recommended. The bag should be rated at least 20 degrees F. Weight and loft are the important parameters. It is a good idea to find a bag that weighs less than five pounds and at least five inches of loft. For additional warmth at night the scout may wear thermal underwear, his clothes or his jacket or a combination of these.

A tarp is normally used a ground cloth and is placed under the sleeping bag. This is important to keep the bag from getting damp and to reduce cold from the ground. Also, there are a number of different sleeping pads available. The pad also provides critical insulation between the bag and the ground and provides comfort on hard ground. A jacket or shirt in a stuff bag makes an excellent pillow.

The Scouts normally sleep under the stars. Tarps can be set up as tents if necessary for protection on cold nights or in rain. All that is required to set up a tarp is a line tied between two trees or bushes. Two Scouts can share one tarp. The younger and smaller Scouts are encouraged to share tarps.

CAMPING GEAR AND FOOD - There is a little bit of Tom Sawyer in every Scout. Part of the growth experience in camping is making do with what you have. The Scouts learn to be ingenious and get along with a minimum of objects from

home. The Scout needs eating utensils, a sierra cup and a water bottle. The patrol supplies the food and cooking equipment for the hikes except on the short hikes the Scout may be asked to provide his own trail lunches.

Trail lunches should be hearty but a little on the skimpy side. While hiking, the typical Scout will be drinking more liquids and eating less solid foods than he does at home. Cheese and crackers, nuts, raisins, small cans of hot dogs or spreadables are good items to choose from. Cookies and candies are good items for energy. Hard candy is also good because it has high sugar content, will last for a long time and doesn't melt or make a mess in his pack. Don't send food the Scout will not eat.

Flavored drink mixes are very popular. They are lightweight, easy to mix and provide sugar for energy. Canteens are discouraged. Quart size plastic water bottles are cheap, light, convenient for mixing drinks, easy to clean and store easily in pack pockets. Some plastic water bottles will attach to the waist to serve as a canteen on short hikes.

Fifty feet of nylon parachute cord is necessary. The cord is used to put up a tube tent or a clothes line and sometimes useful for pack repairs or as a safety line. On the long term hike, it can be used to hang "bear bags" to safeguard food.

For personal cleanliness the Scout should have a small toothbrush and tube of toothpaste and small amount of soap. These items should be chosen for minimum weight. A wash cloth is small or light and is a sufficient substitute for a towel. A small roll of toilet paper is a necessary item. It is good for runny noses, as well.

Each Scout should carry a couple of garbage bags. They can be used to keep equipment dry when it rains as well as for carrying out trash. Two to three will be needed for long term hikes.

A small, lightweight reliable flashlight is useful. The small disposable lights are lightweight and certainly adequate for short hikes. For longer hikes, two disposable lights might be necessary or one small flashlight with extra batteries. A small candle is useful for lighting a fire if the wood or tinder is wet.

ADDITIONAL CLOTHING - In addition to what the Scout wears, very little additional clothing is needed. A poncho should be carried for rain protection and can be used as a ground cloth. It should be lightweight plastic, repellent or coated nylon. Avoid heavy, rubberized or canvas ponchos. Small plastic ponchos are available that weigh 10-16 oz.

A jacket or heavy wool shirt is needed for cool mornings and evenings. It also can serve as a pillow or provide additional warmth for sleeping on cold nights. Down jackets are light, comfortable and easy to store but they are expensive and provide little insulation if they get wet. Jackets filled with synthetic fiber are warm and provide insulation when wet, but they are bulky. Scouts should carry a change of underwear and socks, primarily in case he gets wet. Remember, wet clothes do not dry and dirty clothing can be washed if necessary. Extra pants and shirts are optional on short hikes but necessary for long term hikes. The Scout uniform makes an excellent choice. Short pants and short sleeve shirts are reasonably lightweight and durable.

It is essential to pack the one extra set of clothes in a plastic bag which will assure that the clothes are dry when they are needed. The Scout will be using his own judgment on when to change and what to wear. He should not pack items he will not use.

The list of required equipment including weights of each that can be carried by the new Scout for two, three day or longer term hikes is included. Items may vary slightly from scout to scout. The exact list of equipment may depend on the

scout, his equipment, his patrol and list of equipment may depend on the scout, his equipment, his patrol and the specific hike. Some scouts may have a lighter jacket or a heavier pad than those listed, but this list can be used as a guide for assembling backpacking equipment. In general, a scout can carry 25% of his weight on a hike. The pack may weigh slightly more at the outset of the hike because the scout has to carry food, but the weight will diminish as the food is consumed.

MISCELLANEOUS OPTIONAL EQUIPMENT - Every scout will want to carry some items which are personally important to him (i.e. candy, an extra pair of socks, camp shoes, fishing gear, camera, etc.) The younger, inexperienced hiker should carry only a minimum of optional items on his first few hikes. After three or four outings he will become accustomed to the pace and learn his own capability. He will be the best judge of what he can carry and what items he will use at camp or on the trail.

TYPICAL EQUIPMENT WEIGHTS

TROOP 276

ITEM	<u>2 Day</u>	<u>3 Day</u>	<u>Long-Term</u>
Backpack & frame	58 oz	58 oz	58 oz
Backpack cover (troop supplied)	4	4	4
Sleeping bag, insulite pad & straps	80	80	80
Water (2 1-quart containers)	66	66	66
Sierra Cup	2	2	2
Knife, fork, and spoon	3	3	3
50 feet nylon line (parachute cord)	4	4	4
Poncho	10	10	10
Emergency shelter (e.g. Tarp - 1 per 2 people, etc.) ..	22	22	22
Large garbage bags (30 gallon - 2 oz. ea.)	2	2	4
Gallon size plastic bags (3)	2	2	2
Small flashlight & extra batteries	6	6	6
Matches (waterproofed)	1	1	1
Clothes			
- extra underwear (5 oz./set)	0	5	10
- extra pants (Scout shorts)	0	7	7
- thermal underwear	12	12	12
- wool hat & gloves	4	4	4
- extra wool/poly socks (3 oz./pr.)	3	3	6
- jacket/parka	26	26	26
Personal items (Kleenex, toilet paper, Gatorade, etc.)	12	18	32
Wash kit, soap, toothbrush & toothpaste	7	7	7
Wash cloth or hand towel	2	2	2
Trail lunch (8 oz. per)	<u>8</u>	<u>16</u>	<u>0</u>
 SUB-TOTAL	 334 oz 20.9 lbs	 360 oz 22.5 lbs	 368 oz 23.0 lbs
Individual share of			
Patrol common equipment			
- cooking gear, stoves, etc.	2 lbs	2 lbs	2 lbs
- patrol food	<u>2-3</u> lbs	<u>2-3</u> lbs	<u>10-13</u> lbs
 TOTAL WEIGHTS	 24.9 - 25.9 lbs	 26.5 - 27.5 lbs	 35.0 - 38.0 lbs

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Scouts who join the troop enjoy the hiking program. If a new Scout has difficulty with the hiking program, the problem often can be traced to a pack that either does not fit or is too heavy. The new Scout who has the determination to be part of Troop 276 and has the proper equipment will be able to gain the personal growth and self-esteem that are by-products of the troop mountaineering program.

