

Troop 143 Frist Year Scouts - Personal Gear Explained

Be sure to bold LABEL scout name on ALL items.

Clothing

- **During travel** to and from camp site: Class A shirt, pants/shorts, belt, socks. Cold weather: Long sleeve shirt underneath, leggings or long underwear underneath.
- **Clothing in general**: First year scouts typically show up for their first campout with at least two weeks change of clothing. Once they turn 15, they might remember a change of socks but probably won't. Clothing lists for warm and cold weather are included in the campout and backpacking lists on-line.
- **Layering**: zip off pants are highly recommended since they are good for warm and cold weather and help as an outer layer in rain and wind. Label all parts of the zip-off pants, including the part that zips off
- **Hats**: We suggest a hat of some type at all times. Wide brim or baseball hats during warm weather and pull on wool caps for cold weather.
- **Dry socks** are priceless!
- **Synthetic clothing** (think microfiber, underarmour) is best. It wicks the sweat off and dries quickly. 1-2 short sleeve shirts and maybe 1 pair of synthetic sweats should be enough to start.
- **Hiking boots** or sturdy shoes.
- **Rain gear** - the most useful suggestion here is to purchase an inexpensive poncho (not the really thin ones but the ones that are a little thicker). Boys grow 9-12 inches while in scouts. An expensive goretex rainsuit is not a smart purchase. A thick poncho can also double as a ground cloth if needed.
- Don't forget to check the troop uniform bank for hand-me-downs or to donate items.

Personal Items

- **Boy Scout Handbook** – This is required for all scouts. Put the book in a zip lock bag or purchase a book cover. Write the scout's name on the outside of the book.
- **Headlamp** and extra batteries – This is the one item that scouts always forget to bring. Buy a simple LED headlamp that they can hang around their neck on the drive to the camp site. When it gets dark, they won't have to look for it in their bag if it's around their neck! Always pack extra batteries.
- **Small first aid kit**: Each scout should have a personal first aid kit with him on any scout activity. A small first aid kit should include: 4 bandages, 2 sterile gauze pads, adhesive tape, moleskin for blisters, antiseptic.

- ❑ **All medications, including over-the-counter, must be in original container from pharmacy. Store in Ziplock bag with name and instructions. Turn in to Medical Officer before departure.** (A variety of over the counter items are available in the troop first aid kit. Check with Scout Master if you have questions.
- ❑ **Toiletries**: These items should be packed on overnight campouts or camporees. They might get used, they might not. Scouts will eventually figure which is essential and which is not. Think about packing the following: Soap, Toothbrush, Toothpaste, Comb. Washcloth.
- ❑ **Pocketknife** – Once a scout has earned his Totem Chip, he is entitled to carry a pocketknife. For scouting purposes, a folding pocketknife with less than a 3” blade is more than sufficient (think Swiss Army knife). It does not have to have 35 accessories on it – scissors, tweezers, screw driver and blade are all that is needed. Fishing knives, hunting knives with blades over 3” are unnecessary and dangerous. Don’t spend a lot of money on a fancy knife – these things will get lost. Only 1 knife per scout.
- ❑ **Compass** – Every scout should have a compass. There are good compasses available from Silva, Suunto or Brunton that cost around \$10 at Walmart, REI or Dicks. Do not get the super cheap models that go for around \$5. They are hard to use and inaccurate.
- ❑ **Sun Protection** – A waterproof SPF35 or greater sub block is recommended. A small tube will probably last all weekend and won’t be missed if lost or left behind. Chapstick and sunglasses are also recommended.
- ❑ **Insect protection** – no aerosol cans
- ❑ Optional: These items are all optional and are only occasionally utilized. Again, over time your scout will learn which items are really important to have, including: Watch, Camera, Swimsuit, Whistle and/or mirror

Gear

- ❑ **Backpack or duffle bag** - For overnight campouts an army surplus duffel bag will hold all of a scout’s equipment. Once a scout begins backpacking there is a choice between two types of backpacks, an internal frame or an external frame pack. External frame packs allow a scout to carry more weight and are cooler in Summer. Internal frame packs are more comfortable and better balanced under loads. Whichever style is chosen make sure it is large enough (3500 – 4000 cu. In.) to carry all of a scout’s equipment without being so large that he cannot carry it. Check the suspension system. Check the fit of the hip belt as most of the weight should be carried there. This will be an important piece of equipment that a scout will use for many years, go to an outdoor shop like REI or Geared to Go and have the pack fitted to the scout. All of the gear in these stores is first rate and the staff will be more than willing to help select a pack that best meets the scout’s needs. Try borrowing another scout’s backpack to try the fit.
- ❑ **Sleeping bag** - This is the single most important piece of gear that you will buy for your scout. In the spring and fall it can get cold even in Georgia - invest

wisely. A sleeping bag that can be used for 3 seasons should have a 20-30 degree rating (the lowest temperature that the bag will keep you warm). It should have an artificial fill inside it (Qualifil®, Holofil,® or something similar), cotton bags bought at Target or Walmart are not recommended, they do not hold in body heat, especially when wet. Again, go to a good outdoor camping store. Scouts grow 8-12" from age 11-18. Buy the longer bag now. Sleeping bag liners are also a good purchase. They can be used for extra warmth in cold weather and used to lay on top of a sleeping bag in warm weather.

- Sleeping pad** - The sleeping pad is not just a way to keep sticks and stones from digging into your back. It is an essential tool for retaining body heat on cool nights. It acts as a moisture barrier with the ground. An inexpensive pad can be found at Walmart for as little as \$5. Camping stores also carry pads which cost a little more.
- Pillow
- Optional: chair

Mess kit required for all campouts

- Drinking cup, and plate or bowl** - Any scout who has been to Philmont will tell you that all you really need on a campout is a cup, a bowl and a spoon. The old scout mess kit which has a frying pan, a plate, a pot, and a cup are fine to have and don't cost that much but over time your scout will use it less and less. In the spirit of Leave No Trace the troop strongly discourages the use of paper plates and disposable utensils. These things just add to the cleanup at the end of the weekend
- Water bottle** – A wide mouth Nalgene water bottle is recommended. They can be found almost anywhere (REI, Dick's, Sports Authority, Target, Walmart) and will last many years. Label, label, label with name and troop number. Be sure to empty and dry after each trip.
- Eating utensils**
- Special Dietary needs – please discuss with Scout Master prior to event.

DO NOT BRING ITEMS:

- Electronics –game boys, cell phones, ipods,
- Personal snacks – For regular campouts, it is best to leave snacks at home. There is usually more than enough food at meal times and sticky candy or other food is hard on the troop's tent floors. All food is prohibited from tents because they attract wild animals, specially bears.
- Matches or Lighters – First year scouts are not encouraged to bring lighters on camping trips. All scouts should keep a supply of stick matches in a dry watertight zip lock bag for emergency uses.