

Bronxville Troop 5

Weekend backpacking camping check list

This document serves as an outline of the items that should be taken on a weekend troop backpacking camping trip. Backpacking is a good scout exercise in focusing on only what is essential.

Backpack items

Note: the basis for any Scout trip is the 10 essential items every Scout should have: <https://scoutingmagazine.org/2013/02/the-10-essentials/> - note that Scouts who do not yet have their Totin Chip should not bring a pocket knife.

- Pocket knife (if scout has Totin Chip)
- First aid kit
- Extra clothing
- Two nalgene water bottles
- Rain gear (jacket and pants, no poncho)
- Emergency snack food (no nuts)
- Whistle
- Compass
- Sun protection - sunscreen and cap
- BSA handbook

Additional items:

- **Essential: Backpack with internal or external frame - Osprey Ace Kids 50 is a good example for scouts grade 8 and under. This backpack will hold all the other items - either internally or externally via straps.**
- Map of route, if applicable, in waterproof bag
- Watch, water resistant, with timer / stopwatch
- Insect repellent
- Lip balm
- Mess kit - bowl with fork / spoon or spork
- Sleeping bag for backpack
- Sleeping pad
- Liner for backpack - garbage bag is a good easy way to do this
- Garbage bag / laundry bag for dirty clothes
- Backpack rain cover
- Toiletries - toothbrush / toothpaste / deodorant / purell
- Inflatable pillow

- Dehydrated meals - Mountain House is a good basic option. Other brands such as Good to Go have more sophisticated options if your scout is more adventurous palate. Oatmeal packets are a great breakfast option

Ideally there would also be a backpacking stove, such as an MSR Pocket Rocket 2 with Butane fuel, to heat water for purification / meal rehydration. For younger scouts this may not be practical, exercise judgment based on your knowledge of your scouts maturity. If needed, the troop will have ways of boiling water for your scout to use under supervision where needed.

Clothing

For a spring backpacking trip, ideally the Scout is already wearing when he arrives:

- Wicking t-Shirt
- Wicking Long Sleeve
- Fleece or hoodie
- Hiking Pants (something synthetic, not jeans) with belt
- Underwear
- Merino wool socks (not cotton)
- On the outside of his pack and easily accessible, preferably stuffed in the outside webbing, rain gear, both zip pants and jacket. These are also used when it is cold/windy, not just for rain.

Then in his pack:

- Sweatpants, comfortable shirt, and warm socks only for sleeping (these can be cotton)
- Puffy jacket (packed down) (can also be used at night or as a pillow, can also be worn if its already nippy)
- Backup wicking tShirt and long sleeve wicking
- Backup hiking pants (this is not entirely necessary, but maybe they spill something)
- Another pair of underwear and merino wool socks
- Gloves and winter hat of choice. Used also used to sleep, if needed.