



Boy Scout Troop 353 – Eastchester, NY



Westchester-Putnam Council
<http://troop353.wordpress.com>
www.wpcbsa.org

Harriman State Park, June 6--7, 2009

BACKPACKING GEAR LIST (also see Boy Scout Handbook) *(EVERYTHING SHOULD BE MARKED WITH SCOUT'S INITIALS)*

Personal Gear:

Healthy Bag Lunch, including items with Protein (peanut butter, nuts or energy bars).

2 water bottles (filled at home, at least 32 oz. each) -- Empty 1 liter soda bottles are ok

Backpack - External Frame Preferred for youth.

Sleeping Bag OR Bag Liner (avoid cotton linings) in waterproof stuff sack

Flashlight and / or Headlight (incl 1 set of spare batteries)

Personal Toiletry Kit: toilet paper (biodegradable), toothbrush/paste, comb/brush, Purell (small), anti-bacterial wipes, washcloth/Camp soap (biodegradable), hand towel, dental floss, metal mirror (optional).

Personal First Aid Kit (Boy Scout Handbook, p. 289)

band-aids, antibacterial cream, pain reliever, moleskin, lip balm, anti-diarrhea tablets, INSECT REPELLANT (ticks & mosquitoes, at least 30% DEET preferable), Sunscreen (+25 SPF)

Packed:

Returned:

Clothing: (dress in layers, "cotton is rotten") * = Wear # = Pack

* 1 short sleeved T-shirt (Merino Wool or synthetic preferred)

* 1 pair pants (synthetic/nylon preferred) or shorts

* 2 pair socks (1- thin silk & 1-Merino wool or synthetic) & Hiking Boots waterproofed (preferably ankle high & broken in)

* Troop 353 or other baseball Cap

1 COMPLETE extra change of summer seasonal clothes (REQUIRED--packed in zip lock freezer bags):

1 pr of underwear

1 pr socks (wool or synthetic preferred)

1 pair long pants (synthetic/nylon--sweats are NOT good for day wear; jeans ok)

1 long sleeved shirt (wool or synthetic preferred) for night

1 Jacket or "rainproof" shell W/ HOOD (REQUIRED) Put in top of backpack.

Other footwear (sneakers for campsite)

Other Required Items:

Mess Kit with measuring cup & eating utensils (REQUIRED) - NO PAPER PLATES OR PLASTIC CUPS ALLOWED

Backpacking Stove / Fuel / Matches (waterproof). (REQUIRED)

Boy Scout Handbook (REQUIRED)

Pen, Small Notepad & stamps (REQUIRED)

Compass (REQUIRED)

2-Large Trash Bag (REQUIRED).

Whistle (REQUIRED)

Scout Knife (no sheath knives or automatic opening styles); Totin'Chip Card (REQUIRED)

Trowel (REQUIRED)

1-man or 2-man Tent & Ground Cloth...unless you choose to sleep under the stars! (REQUIRED)

ALL FOOD: Lunch, Snack, Dinner & Light Breakfast - Use Freeze Dried or other Ready-Mde meals. (REQUIRED)

Other Misc. / Optional:

Sleeping Pad

Small Pillow

Duct Tape, small sponge or broom (to clean tent)

Sunglasses w/strap

Camera and / or binoculars

Rope or Nylon Twine (50 ft.) for clothes line, etc.

Spare large zip lock freezer bags

2-way radio (Ch 1, Security Code 37) or cell phone -- MUST BE 15 YEARS OLD TO CARRY.

PROHIBITED ITEMS:

Aerosol Cans, Glass Containers of any type, candy, Electronic Entertainment Items (radios, TVs, cd/dvd players, IPODS), Weapons (real or toy), Firecrackers.

Campout Notes:

- Backpack should weigh about 1/3 of body weight, no more than 25 -- 30 lbs. Most items in "Other Misc. / Optional" will be left in cars.