



# Boy Scout Troop 353 – Eastchester, NY



Westchester-Putnam Council

<http://troop353.wordpress.com>

[www.wpcbsa.org](http://www.wpcbsa.org)

Fahnestock State Park, Nov 15--16, 2008

## 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., Empty 1 liter soda bottles are ok )

Backpack - External Frame Preferred for youth.

Sleeping Bag and/or Bag Liner (avoid cotton linings) in waterproof stuff sack

Blanket (if do not have bag liner)

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 long sleeved T-shirt (Merino Wool or synthetic preferred) - Base Layer  
or short-sleeve performance wicking shirt + Turtleneck shirt

\* 1 fleece pullover - Insulation Layer

\* 1 pair pants (synthetic/nylon preferred)

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

\* Wool Troop 353 Cap or Sport Fleece w/ Ear Warmers

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

# 1 pr of underwear

# 1 pr of long underwear (for sleeping)

# 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)

# 1 Jacket or "rainproof" shell W/ HOOD (that fits over your insulation layer) (REQUIRED) Put in top of backpack.

# 1 pr of insulated waterproof gloves, e.g., snow boarding. (REQUIRED).

# Other footwear (sneakers for campsite)

### Other Required Items:

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

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)

### Other Misc. / Optional:

Tent & Ground Cloth (or can use Troop Tent - let your Patrol Leader know!)

Sleeping Pad

Small Pillow

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

Sunglasses w/strap

Camera and / or binoculars

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

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.

- Weather in mid-Nov for Putnam Valley, NY ranges from 33 at night to +50 during the day, on average, w/ 25% chance of some precipitation & a 50% chance of freezing temps, according to Weather Underground.