

Troop 103 Camping Guidelines and Checklists

Introduction

This guide gives pointers that will help scouts 'be prepared' for both warm and cold weather camping. You will find it helpful to use the checklists to make sure you don't forget a critical item. These lists are for the essentials; be sure to bring some fun things too! As you gain camping experience, you can modify the lists to suit your specific needs.

General Camping Guidelines

- 1) REI rents camping gear (such as 0 degree sleeping bags). This may be a good option to test out what works for you.
- 2) Test all of your gear at home before using it on a campout. Use your sleeping bag/pad outside on a cold night. Use all the zippers. Make sure you can adjust the mummy head properly.
- 3) Practice tent setup/takedown. Practice packing your tent, sleeping bag, filling up your pack. Your parents can give advice, but you need to do the packing, just as you will on your campouts.
- 4) Dress in layers so you can adjust your clothing to your activity level. Two fleece jackets are much better than one thicker jacket for this reason. Take off a layer as you warm up, before you get sweaty. Add a layer as you cool off, before you get cold.
- 5) Except in very warm weather, avoid cotton. Cotton soaks up sweat, takes a long time to dry, and is very cold when wet. Use wool or synthetic fabrics, especially for your shirt, socks, and long underwear (top and bottom). Even in the summer, cotton socks are a bad idea, as wet socks will lead to blistering.
- 6) Packs are generally not waterproof. Pack everything in stuff sacks, and put them in your pack. This will also help organize your equipment/clothes. A pack cover or plastic bag can also be helpful in case of rain/snow.
- 7) Always change clothes before sleeping to prevent damp clothes from chilling you.
- 8) Air out all gear (tent and sleeping bag especially) immediately after camping. This will prevent a musty smell.
- 9) Store your sleeping bag uncompressed in a large breathable storage sack. Do not roll up tightly or it will lose its loft/warming ability.
- 10) Our campsites may be a short hike into the woods, but long enough that items should be packed into a backpack or bags so you are not trying to carry 5 separate items.
- 11) The following have good general camping and cold weather tips also:

<http://www.troop119.com/generic.aspx?PageType=Parents>

http://www.troop119.com/upldDocuments/Unit112/winter_camping_handout.pdf

Things to do the Day Before a Campout

- Sharpen knife
- Cut nails (especially toes)
- Get sunrise/sunset times
- Get weather report
- Empty unnecessary objects (weight) from pockets and pack
- Leave itinerary with parent

Packing Checklist

Clothes (all weather)

- Hiking boots (no sneakers, especially in cold weather) Snow boots OK for Klondike Derby
- Synthetic/wool socks
- Spare socks (in case get wet)
- (optional) polypropylene sock liners (prevents blisters)
- Fleece jacket (no cotton sweatshirts, especially in cold weather)
- Rain jacket
- Long nylon Scout detachable pants
- No blue jeans (cotton).
- Rain pants (or very long poncho)
- Sun hat
- Underpants
- Synthetic shirt
- (Optional) sunglasses
- (Optional) bathing suit

Clothes (additional for cold weather)

- Synthetic long undershirt
- Synthetic long underpants
- Synthetic shirt
- Warm hat
- Snow pants
- Snow jacket (waterproof)
- Two pairs gloves/mittens. Gloves get wet quickly in snow, so a shelled type is best. Fleece versions are a good backup.

- Balaclava or face mask to block wind
- (Optional) thin glove liners
- (Optional) ski goggles (wind protect)
- (Optional) gaiters

Clothes (additional for overnight)

- Sleeping clothes (top and bottom)
- Warm hat for sleeping
- Plastic bags for boots
- (Cold weather) sealable plastic pee bottle

Personal

- Comb
- Insect repellent (warm weather)
- Sunscreen
- Toothbrush, toothpaste (don't share)
- Toilet paper (not whole roll) in ziplock bag
- Plastic trowel for a hiking poop
- Soap
- Medications/inhaler (inform scoutmaster)

Shelter

- Tent, poles, stakes, ground cloth (can make from plastic sheet/Tyvek)
- Zero degree sleeping bag
- Synthetic is better than down when wet
- Close cell or Thermarest type pad
- No air mattresses (you will freeze)
- Mosquito head net (warm weather)

Other Important Items

- Food and other items assigned to you for your patrol.
- Two quarts of water
- (LNT – use refillable bottles)
- Mess kit (plate, cup, utensils)
- Backpack (or carrying bags if not hiking)
- Small day pack if doing small hike
- Maps/guidebooks. Put in plastic bags to keep dry.
- Compass
- Matches in waterproof container, aluminum foil
- Mini-tool/knife
- Trash bag
- Flashlight/headlamp. Spare batteries or wind up.

- Watch
- Emergency whistle
- String (works for shoelace repair)
- Small first aid kit
- (Optional) camera
- Scout handbook (unless backpacking)