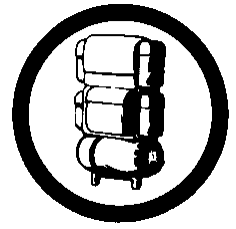




BACKPACKING EQUIPMENT INFORMATION

Revised on 05.01.2022 by Mr. Montejo



- Backpack:
 - ⊞ Recommend a highly adjustable EXTERNAL FRAME PACK for younger Scouts!
 - ⊞ The pack, when loaded, needs to ride on the Scout's hips with the shoulder straps just lightly touching or an inch or so above the shoulders. The hip belt must be small enough to tighten securely around the Scout's waist.
 - ⊞ Weight on the shoulders during backpacking will cause discomfort and wear a young backpacker out.
 - ⊞ To stay on the hips, the hip belt will need to be tightened and should be well padded. **A pants belt is essential!**
 - ⊞ Since the distance between your Scout's shoulders and hips will increase (a lot) as he grows, you want to have pack adjustments so the hip belt can be lowered and/or the upper end of the shoulder straps raised as he grows.
 - ⊞ The troop may be able to provide a backpack if needed; please reserve in advance.
- Sleeping Bag
 - ⊞ Mummy type minimizes weight and tightens around back half of head, keeps camper warm.
 - ⊞ Recommend a bag rated for +20 degrees or perhaps a little warmer (ratings are not always accurate).
 - ⊞ Both youth and adult sizes exist; but recommend buying an adult size. Think about growth!
- Sleeping pad
 - ⊞ Closed Cell Foam or self-inflating pad for both comfort and insulation from cold of ground. Most Scouts use a lightweight and inexpensive closed cell foam pad at first and graduate to a Therm-a-Rest mattress later.
 - ⊞ The troop may be able to provide an insulated foam sleeping pad if needed; please reserve in advance.
- Tents
 - ⊞ Lightweight 2 to 3 person tents often used. Try to keep weight down to 5 lbs or less per Scout.
 - ⊞ Troop has some 2 person backpacking tents - two guys can each carry part. 3 person 7x7 tents can also be used, divided up. Scouts must tent with other Scouts of similar age. Scouts can't use a 1 person tent.
 - ⊞ No need to buy for some time.
- Eating and cooking
 - ⊞ Cook kits are provided by the Troop. No need to purchase.
 - ⊞ Scouts need a lightweight Lexan bowl, or Sea to Summit collapsible bowls and cups are popular and easy to clean.
 - ⊞ Lightweight Lexan or plastic collapsible cup. Metal ones sear lips with hot drinks, cool off fast.
 - ⊞ Utensils: Lexan sets are lightweight, durable. Combined spoon/fork (spork) + pocketknife can also work. Scouts should bring their Totin' Chip if he has earned it.
 - ⊞ Can openers on a Boy Scout or multi-tool knife work well enough for canned goods.
 - ⊞ Stove: Recommend isobutane type stoves. Only 1 needed per 2-4 Scouts, so not needed when beginning as a backpacker - can wait. The troop provides the stoves and fuel canisters.
 - ⊞ Matches: strike anywhere type in a pill bottle (to protect from getting wet) can work. Scouts are not allowed to bring handheld lighters. Scouts should bring their Firem'n Chit if he has earned it.
- Hydration
 - ⊞ Need to be able to carry 2-3 quarts of water, depending on weather and length of hike. Bottles should be heavy duty (Nalgene, Gatorade, or Powerade type), not store bought water bottles that are easily crushed.
 - ⊞ A hydration reservoir alone, without pack, can be loaded into backpack lid or inside pack if no day hiking is planned or if backpack lid can be converted to a day pack.
 - ⊞ Bring at least one heavy duty quart bottle to mix drink packets on outing. Don't put drink packets in water reservoir as it can cause mold and make you sick. * Be sure to clean all drink containers after outing.
 - ⊞ Adults carry water filters to safely get water from springs and creeks - Scouts do not need!
 - ⊞ Water packs (i.e. Camelbak) allowing drinking while walking; nice, but only needed for day hikes.
 - ⊞ Recommend at least one plastic water bottle for mixing drinks (Tang, Gatorade, etc)
 - ⊞ Critical to have enough water!

- Hygiene
 - ≡ Small toothbrush & toothpaste (think samples), small liquid soap, small washcloth, and face towel in a ziplock bag. Polyester/Nylon camp towels are light and dry fast.
 - ≡ T.P (not whole, space-wasting roll), trowel, travel pack of individual Wet Ones wipes to get really clean.
- Clothing
 - ≡ Class B blue T-shirt and/or sweatshirt (for traveling coming and going).
 - ≡ Sufficient underwear. Thermals or sweatshirt and sweat pants are good if it's going to get cold.
 - ≡ Pants with Belt (to keep pants from falling down and pack on hips), shorts, shirts, warm coat or sweatshirt depending on destination and weather outlook. Backpack hip belts don't support load on hips without a Belt.
 - ≡ Rain suit (Parka and Pants) to be ready if it rains. Marmot Precip rain wear is waterproof / breathable and is always on sale at Campmor.com. Buy one size larger to reduce the number of times that the suit will need to be replaced. Ponchos are not recommended because they reduce foot visibility and can be easily tripped on.
 - ≡ A couple of bandanas come in handy for many uses.
 - ≡ Gloves if it might get cold.
 - ≡ Watch cap (Beanie) of wool, acrylic, or fleece to help keep head warm - can pull over ears.
 - ≡ Enough socks for outing with extras for changes on long hikes. Need dry socks for sleeping.
- Other items
 - ≡ Headlamp or Flashlight - not a huge one, 2 AA or AAA battery size plus an extra pair of batteries.
 - ≡ Small personal First Aid Kit; recommend Adventure Medical Kits UltraLight / Watertight .7 First-Aid Kit or equivalent for younger Scouts and the Adventure Medical Kits UltraLight / Watertight .9 First-Aid Kit or equivalent for older Scouts and adults. Troop High Adventure First Aid Kit is brought on every outing.
 - ≡ Waterproof Watch with alarm and light. Scouts are not allowed to use their phone for any reason on outings.
 - ≡ Small notepad and pencil to take notes of what you learn (what to bring, leave home for next trip)
 - ≡ Compass (eventually), can use other's at first.
 - ≡ REI Flexlite Backpacking Chairs are very popular, but too heavy for smaller Scouts. Smaller Scouts can use a small foam sit pad for a backpacking seat at first, or whenever minimal weight is desired. Write name on chair.
 - ≡ Chemical hand warmers and heat packs are nice on the colder outings, but a little heavy. Bring only a couple.
 - ≡ Planning: Scouts will plan their backpacks by patrol so they will not duplicate equipment and keep each Scouts load down to a reasonable weight, Scouts should try to keep their pack weight to below 1/3 of body weight.

WHERE TO BUY

- Arizona Hiking Shack, 3244 E Thomas Rd, Phoenix, AZ 85018, (602) 944-7723
- REI, 12634 N Paradise Parkway West (near Paradise Valley Mall) Membership system with dividend rebates
- Sportsman's Warehouse, 19205 North 27th Avenue, Phoenix, AZ, (623) 516-1400 (near Costco south of Yorkshire)
- Sporting Good Stores - Sports Authority, Big 5
- Variety Stores - Wal*Mart, Target

Above are listed in order of specialization. Those toward the top know more about the equipment, and offer more variety. You can get help with fitting and sizing, and some might let you put some weight in a pack and walk around with it for a while. The last two each have a pack or two, and some other equipment that may be useful, but little help or knowledge.

Common pack brands: Kelty, Jansport, REI.

Sleeping bags: Kelty, Slumberjack, REI, others

Campmor: 1-800-Campmor or on Internet at www.campmor.com. Campmor sells nearly everything, and publishes a quarterly catalog. Their regular prices will be just like REI's, but they often have sales and closeout items at great prices.

* Contact the Assistant Scoutmaster assigned to the outing with any equipment questions. Their name and phone number will appear on the Outing Fact Sheet.