

Troop 9 Stamford: Camping gear for fall, winter and spring.:

(Personal clothing for all seasons including summer camping should be prepared for safety issues such as hypothermia.)

PERSONAL, ESSENTIAL CLOTHING: (protect clothes in waterproof bag)

BOOTS, preferred, or sturdy trail shoes. Waterproof is recommended.

(NO sneakers. If a scout wants optional shoes for use ONLY while relaxing in the campsite this is allowed, but boots/trail shoes are still required at all other times.)

SOCKS, one pair for each day of camping, plus minimum one backup.

(Wool or synthetic fabric, wool required when low temps are below 45° F, NO cotton.)

LINER SOCKS, optional for base camping, required for backpacking.

What are they? Thin, wicking fabric socks that pull moisture away from the skin to keep you dryer and warmer. Specifically designed wicking fabric socks are preferred, but thin men's synthetic dress socks can be substituted. Liner socks also help prevent blisters by putting a smoother, lower friction surface next to the skin.

PANTS, recommend: fast-drying nylon pants.

For weekend trips, 2 pairs OK – if rain forecasted or wet activity planned, add one more pair. Synthetic fabric preferred, NO blue jeans. BSA “Switchback” pants with long legs are a good choice. (If backpacking, -1 extra pair only, to keep pack weight down.)

LONG THERMAL UNDERWEAR, optional with low temps above 45° F, required

below 45° F. Synthetic fabric preferred, cotton blends allowed, NO 100% cotton.

(For any rafting/boating activity, other than summertime, synthetic fabric required.)

UNDER WEAR, one pair for each day camping.

SHIRTS, one for each day camping. Wool or synthetic fabric preferred. Cotton blend allowed, if no rain forecast and low temps are above 45° F.

T-SHIRT(S), one for each day of camping, synthetic fabric preferred, cotton blend allowed.

LONG SLEEVE T-SHIRT(S), optional, good way to boost bottom layer in cold weather, substitute for some or all of the regular T-shirts.

JACKET, fleece or something with light insulation/liner, hood is desirable.

WINDBREAKER, required, it is recommended when using a fleece jacket, hood desirable.

(Fleece insulates but does not always stop strong wind and cold air infiltration.)

COAT, fully insulated, wool or synthetic, waterproof/resistant, large enough to have layered clothes underneath.

GLOVES/MITTENS, appropriate thickness for weather conditions.

Even in mild weather conditions a lightweight pair is good to have available.

HAT, T9 cap or during cold weather your choice of an appropriate alternative.

RAIN GEAR, always required: Jacket & pants are preferred, poncho is a good alternative.

SLEEP CLOTHES/PAJAMAS, required, (use long johns) choose according to personal preference with consideration for the weather and the temperature rating of your sleeping bag. (Do not plan on sleeping in your clothes. They will be damp, and moisture will make you colder). *Have a fleece jacket for extra warmth*

SLEEPING HAT, required, knit cap. Wool, fleece or other synthetic fabric.

(You lose a lot of heat through your head, and most likely it will be sticking out of your sleeping bag.)

SLEEPING SOCKS, recommended, wool fabric preferred.

(This can be your back up pair listed above.)

PACKING: Put all clothing in Ziploc type bags, stuff sack, or compression stuff sack.

PERSONAL GEAR: *

- **Sleeping bag**, in general, synthetic fill (NOT Down fill), mummy style temperature rated to 15° F or lower.
- **Ground pad**, closed cell foam or self inflating (use Ensolite pad, NO air mattress)
- **Space blanket**, heat reflecting metallic material (“Sportsman blanket”)
- **Water bottle(s)**, (Qty 2 -1 liter -Nalgene is a very sturdy brand, but there are others. (Regular plastic soda/water bottles are sufficient in most situations but not recommended.)
- **Rain Gear** (jacket & pants or poncho)
- **BSA handbook** (excellent reference book and required for advancement sign-off. Do not take on a backpacking trip)
- **Personal first aid kit** (small, see BSA handbook page 289)
- **Personal hygiene kit** (small, see BSA handbook page 242) (include small roll of toilet paper)
- **Eating utensils**, spoon, fork & knife, cup and plate (or large bowl), NO GLASS
- **Flashlight** (small hand held and head lamp, include spare batteries)
- **Whistle**, emergency signal, preferably always in a pocket or on a neck lanyard.
- **Large plastic garbage bag** (for emergency use in wet conditions)
- **Bandana or handkerchief**
- **Sun-screen** (seasonal)
- **Insect repellent** (seasonal, non-aerosol)

SPECIALTY PERSONAL GEAR: *

- **Backpack:** External frame recommended for younger scouts. (limited loaners available)
- **Waterproof pack cover:** To protect pack in rain.
- **Soft-sided duffel bag:** Non-backpacking trip, use large duffel bag to pack gear.
- **Sleeping bag supplement(s):** For cold weather to improve insulation – bag liner, fleece over bag, or wool/fleece blanket.

OPTIONAL PERSONAL GEAR:

- **Pillow** (using your sleeping bag stuff sack filled with a few articles of clothing will make a good substitute)
- **Pocket-knife** (Totin’ Chip required, BSA handbook page 412)
- **Matches/lighter in waterproof container** (Firem’n Chit required, BSA handbook page 412)
- **Compass**
- **Sunglasses**
- **Wilderness survival kit** (if you have one)
- **Watch**
- **Camera**
- **Notebook & pencil or pen**
- **25-50ft parachute cord (thin nylon rope)**
- **Camp chair or stool (small/folding)** (base camping only, not for backpacking)

*Scout leaders will be glad to discuss details and questions you may have about this gear.

Personal Overnight Camping Gear for Scout Outings

Here is the complete list of what the BSA suggests that Scouts bring on outdoor activities.

X	Scout Outdoor 10 Essentials	
	Pocketknife (<i>Totin' Chip card required!</i>)	Backpack, Daypack or Duffle bag
	First Aid Kit	Rain cover for backpack
	Extra clothing	Sleeping bag and stuff sack
	Rain gear	Sleeping pad
	Water bottle	Ground cloth
	Flashlight	Pillow
	Matches and fire starters (<i>Firem'n Chit card required!</i>)	X Eating Kit
	Sun protection – SPF 30	Spoon, fork, knife
	Map and compass	Plate
		Bowl
		Cup
X	Clothing for the season	X Personal Hygiene Kit
	Warm weather	Soap
	Short sleeved shirt	Toothbrush
	T-shirt	Toothpaste
	Hiking shorts	Dental floss
	Long pants	Comb
	Sweater or warm jacket*	Washcloth
	Hiking boots or sturdy shoes	Towel (small)
	Socks	X Personal Extras (<i>optional</i>)
	Hat with a brim for shade	Watch
	Bandana	Camera and film
	Rain gear	Notebook
	Extra underwear	Pencil or pen
		Sunglasses
	Cold weather	Small musical instrument
	Long-sleeved shirt*	Swimsuit
	Long pants*	Gloves
	Sweater*	Folding Chair
	Long underwear*	Wilderness Survival Kit
	Hiking boots or sturdy shoes	Whistle
	Socks*	25-50 ft chute cord
	Insulated parka or coat with hood	Large plastic trash bag
	Warm hat*	BSA Handbook
	Mitten or gloves*	Insect Repellent (non-aerosol)
	Rain gear, gaiters	
	Extra underwear	
	<i>* items should be made of wool or a warm synthetic fabric</i>	

Essential First Aid Equipment

Here is the list of what First Aid essentials each Scout should carry with them on outdoor activities.

X	PERSONAL FIRST AID KIT*
	6 Adhesive bandages
	2 Sterile gauze pads, 3 by 3 inch
	1 small roll adhesive tape
	1 piece Moleskin, 3 by 6 inch
	1 small bar of Soap
	1 small tube of Antiseptic
	1 pair Scissors
	1 pair Latex gloves
	Plastic goggles or other eye protection
	Pencil and paper
	Mouth barrier device for rescue breathing or CPR (if CPR certified)
	<i>* Everything should fit easily into a self-sealing plastic bag.</i>