

A Typical Cold Weather CHEAHA BACKPACKING Campout - Personal Checkoff List

Too SAVE \$\$\$ => Mark ALL Gear WITH your Scout's NAME

Come Friday on time, Pre Fed, and wearing your Class A, Neckerchief, Green Pants, and Head Lamp
(I wear my yellow shirt under my Class A. I leave my Class A in the Car when I get to camp.)

Check in with the SPL upon arrival to Scout Hut.

My Hiking Outfit

If I'm real cold, I wear my base layer, then fleece, then zip offs and hiking shirt, then puffer. Once snowing, rain gear goes on top. Main goal – DON'T Sweat unnecessarily! Use your layers and zippers!

- ☐ Green Nylon quick-drying pants or zip offs/shorts (Not Cotton – NO Jeans) Label yours so you don't lose them.
Scout shop sells them or get the Scout Green Magellan zip off Pants at Academy Sports.
- ☐ Top and Bottom base layer
NO Cotton. I like merino wool synthetic blends. Polyester / spun Nylon type like Under Armour OK as well. Sams had some Smart Wool's on sale. Academy has some Great Silk Type!!
- ☐ Long sleeve Hiking shirt
I sometimes use a light weight, quick dry Magellan long sleeve fishing type shirt that rolls up easy and has pockets from Academy.
- ☐ Lightweight Fleece pants
Cheap from Walmart!
- ☐ Lightweight Fleece Jacket
I like a full zip myself so I can regulate my temp while hiking as to not sweat. I like a high neck or hoodie option. Academy's BCG Athletic Performance Fleece for ~\$12 is good.
- ☐ Down Feather Puffer Jacket
NO Cotton. These are light weight but have Phenomenal Heat retention! Make sure it says DOWN Feather. Dirt Cheap has Champion and Artics on sell for <\$15. SAMS Club and Academy sells some. DON'T over size. You want it close to your body to build heat or it doesn't work as efficiently. NO COTTON HOODY
- ☐ 2 Pairs of Good Socks
NO Cotton socks. The scouts freeze when they sweat into cotton. I like a good smart wool blend hiking sock. Take care of them! Make sure they fit correctly – Don't oversize!! Sams Club, Academy sports, etc. I Like the "Smart Wool-PHD" brand
- ☐ 1-2 Pair underwear - pending accidents 😊
- ☐ Troop Beanie Cap for your head
Mr. Dave sells for \$10. Don't come if you don't have proper head gear!
- ☐ Rain jacket suit or poncho
Light weight Frog Togs from Walmart or Academy are fine. I use the suit type.
- ☐ Hiking Boots or Shoes that have been waterproofed properly before each trip WITH Gaiters
 - o Rust-Oleum Never Wet or Camp Dry water repellent are great to use (Walmart or Academy)
 - o They MUST Fit correctly – DO NOT OVERSIZE!
 - o You MUST break them in PRIOR to Campout!
 - o STRONG Soles (**Not Foam** type bottoms), provide ankle support (broken ankles **STILL** have to hike out)

My Sleeping Gear

- ☐ Make sure you bring your own tent or have a tent assigned to you and your Buddy. Check the tent for parts prior to Campout, to include stakes
Older Scouts, Life Rank, can use Hammocks ONLY IF their setup is preapproved by Mr Steve. They can also bring their own tent. Smaller tents are warmer 😊
- ☐ Sleeping Bag rated 20 degrees or lower
In some type of Waterproof compression bag (Academy, Amazon) Some use "Never Wet" on their Compression Bag It should be lightweight < 3.75 lbs and Not so bulky you can't pack it inside your backpack.

Temp is more important than weight 😊 (Scout office has the Kelty Tuck 20 for \$89 is OK, \$50 Kamp-Rite 25 Mummy from Academy as well). **You can always add a Sleeping Bag liner** for more warmth from Academy.

□ Lightweight Sleeping Pad

I use a \$69 blow up Klymit Insulated Pad from Amazon. But you can use a \$12 foam pad from Academy or Walmart that DOESN'T Pop. The Widesea Foam Backpacking Pad from Amazon \$29 is great!! Goal is have something that insulates you from the ground temps that is lightweight.

□ Sleeping Outfit

I use a Fleece pant and Long Sleeve shirt that stays in the bottom of my bag, I do not wear it during the day! Sometimes I do wear my next day's hiking socks to bed. Do not wear your day outfit to bed. If really cold, I wear my puffer or fleece jacket. I use my next day's cloths inside my lightweight dirty cloths bag as a pillow. And it keeps them warm for the morning! I wear my Beanie!!! I unzip or take layers off so I don't sweat!!!

My Other Gear

□ Proper fitting REAL Backpack with Proper Padded Hip Belt AND Rain Cover

*Do NOT wait til the last minute for advice! Nothing heavier than 4.5lbs empty. Big enough to hold all you stuff inside! Pad's and Hiking Poles can be attached on the outside. To prevent hazards, You don't want all your other stuff lashed to the outside. Hip belt should be tight enough to wear it Can Not slide down at all when in use. Don't wear on top of jacket! Even though I Ziplock my gear inside my pack, I STILL have a **Pack Cover** to keep my Pack dry!!!*

□ Head Lamp (extra batteries)

□ Compass, Whistle

This is required and important for them to when they get lost!

□ Cheap Watch

This is important for them to learn distance and pace count when they get lost!

□ Personal First Aid Kit – A MUST!!!

*Couple of band Aids, Antibiotic Cream, Gauge Pads, Tape, Moleskin / Blisters Pads, Pills, Wipes, **CHAP STICK**, Hand Sanatiser all in a zip lock.*

□ Eating Bowl and Utensils

Like a sour cream plastic dish, Tupperware. Strong lightweight Spoon/Spork/other.

□ Drinking Cup

Lightweight non-breakable. Scout Scout or Walmart.! A Hot Coca Must

□ 2 – 32oz Water bottles FULL and tight.

Lightweight option = 32oz Gatorade or Smart Water bottles LABEL YOURS!!! Older boys can use a bladder.

□ Bug Spray / Sun block

SMALL pump type at Walmart not Aerosol – Don't ask to use mine 😊

□ Toiletries

*Toothbrush, Small toothpaste, **Toilet Paper** (small roll in zip lock) I leave deodorant in the car bag*

□ Small Pocket knife

If Scout has earned their Tot N Chip. I use a small Swiss Army. Must be a locking blade.

□ Fire starter

Matches, lighter, or flint and steel. I also bring a zip lock bag of dryer lint with my waterproof matches and flint and steel.

□ 25 ft of lightweight cord

Para cord is prefect.

□ Small Notepad with Pen or Pencil

□ 2 extra small freezer zip locks, 2 extra Gallon Freezer bags, 2 Large garbage bags

o *These are for eating out of, holding trash, and to wear if all gets wet!*

□ 2 Lightweight Cloths bags and 1 food bag – 1 for dirty, 1 for clean – To hold your food

□ Lightweight lace up camp shoes

□ Lightweight Gloves

□ Lightweight Trekking Poles

My Extra Gear I might bring

1 Class B troop yellow shirts
(Mr Dave sells for \$10)

1 extra Underwear
1 extra pair of long zip off pants
Hand warmers

1 extra pair of socks
GPS
Trail Mix and Nuts

Scout book
Sunglasses
Battery Pac

Lightweight Backpacking chair <2 lbs Biodegradable Soap

Make sure your Hiking Group has

Water Filters
Hike Plan

Meals for all
Patrol Tarp

Back Packing Stoves

Fuel

Maps