

TROOP 1 EQUIPMENT RECOMMENDATIONS

Standard Backpacking Gear:

- External (or internal) frame backpack w/ padded shoulder straps & hip belt (internal frame packs are better for off- trail work where steep climbs requiring handholds might be encountered)
 - 2 (or 3) 1-quart water containers* (long treks where water sources are widely spaced or unreliable)
 - Ankle high hiking boots
 - Lightweight sleeping bag w/ stuff sack
 - Foam sleeping pad
 - Mess kit (bowl, spoon & cup will do)
 - Personal toiletries kit (keep it minimal)
 - Pocket knife*
 - Emergency food* (must require water for consumption)
 - Compass & map(s)*
 - Personal first aid kit*
 - Fire starting kit*
 - Whistle & small mirror*
 - Small flashlight w/ extra bulb & batteries*
 - Good rain gear*
 - Sun glasses & sun block*
 - Space blanket
 - 50' parachute cord
- * ten essentials

Personal Clothing:

- Class "A" uniform (for travel, nature center visits, etc.)
- Class "B" T-shirts (for all general outdoor troop activities)
- Brimmed hat (Scout baseball cap is OK, but a full brim offers more protection)
- Long sleeved shirt & long trousers
- Hiking shorts
- Wool hiking socks & polypropylene sock liners (three pair each)
- Wool sweater & cap
- Wind breaker jacket

Crew Gear:

- Tents & dining fly (including hiking poles)
- Cook gear & stoves
- Cook clean-up gear (including sump strainer)
- Food storage bag(s) & rope
- First aid kit capable of providing emergency care for major injuries
- Repair kit(s) for tents, packs, stoves & clothing
- Water sanitizing equipment or material
- Water carrying and storage bags
- Food & fuel

INDIVIDUAL TEN ESSENTIALS

Pocket Knife Swiss Army or multi-function types work best. Always keep it sharp and clean. Lubricate with mineral oil.

First Aid Kit Band-Aids, small roll of adhesive tape, gauze pads, personal supply of analgesics and antiseptics, Mole-skin, pencil & note paper.

Rain Gear & Extra Clothing Poncho or even a trash bag will work, but a good rain suit is hard to beat. Always carry spare clothing to change into if you get wet. Wool or polypropylene fleece work best as year round clothing materials.

Canteen A quart will usually get you from one water source to the next; but for safety's sake you should carry two. On all long term (5 or more days/50 or more miles) treks or when in high altitude or high temperature, carry three.

Flashlight Finding your way in the dark is tough. Bring extra batteries & spare bulb. Reverse the batteries when storing so they won't be dead when needed.

Fire Starting Kit Wooden strike-anywhere matches in a waterproof container; fire starters to help get a blaze going when you're stuck with damp wood.

Sun Protection Sunglasses, sunscreen, brimmed hat, lip balm, long sleeves & trouser leggings.

Map and Compass To set your route, find your position, anticipate terrain ahead.

Whistle and Signal Mirror To help rescuers find you when you're lost or injured; to make you a more effective member of a search & rescue team.

Emergency Food Oatmeal, soup envelopes, or any energy providing food that requires water for preparation & consumption. To eat when water is not available is to invite dehydration.