

HOW TO PACK FOR A CAMPOUT

This information is available in your Boy Scout Handbook, along with a wealth of important information. It is not the adult leaders' responsibility to be sure that a Scout has enough proper clothing for the activity the troop will be doing, whether it is a campout or a meeting or a parade.

It is the responsibility of the Scout and his parents to watch the weather reports as the Scout event approaches and be sure the Scout has enough appropriate clothing and sleep gear for the event.

Please review Chapters 8 & 9 in your Boy Scout Handbook as to how to pack for a campout or hiking trip, whether it's warm or cold outside.

WARM WEATHER CLOTHING CHECKLIST FOR HIKING, CAMPING, AND BACKPACKING:

Short Sleeved Shirt – How many? How long do you normally wear a shirt? How many days will you be gone?

T Shirt – Again, how long will you be gone? Will you be able to wash them?

Hiking Shorts – These should breathe & move & dry & fit well so as not to cause chafing between the legs.

Long Pants – Lightweight, sometimes it gets cool in the evenings. If you are backpacking, jeans weigh a lot, so you need to keep that in mind. Perhaps a pair of fleece or regular hiking pants would be more appropriate.

Sweater or warm jacket – Lightweight, watch the weather reports. If it gets wet, you want it to dry quickly.

Hiking boots or sturdy shoes – Sport shoes and “tennis shoes” are not appropriate for camping. No open toe sandals are ever permitted on a Scouting event. Make sure they are broken in. You don't want to take brand new boots or shoes on a campout to break them in and get blisters and then be miserable. Always waterproof your boots, unless they are goretex.

Hat with brim for shade – Brim should cover the ears to protect from sunburn and give shade to the nose.

Socks – Lots of “rag wool” type socks with polypropylene or cotton liners or at least two pair of cotton socks for each wearing. You may need to dry a pair or two while you wear a pair. Nothing is worse than wet socks. Wet socks cause blisters also and can make you cold. You may use two – three pair a day.

Bandanna – wipe the sweat from your brow, to use a washcloth, to tie around your forehead to keep the sweat from running in your eyes, to tie around your neck to keep sweat from running down your shirt from your head and so on. There's 101 uses for a bandana. (You can also use it to blow your nose.)

Rain Gear – Even the best weatherman can make a mistake. **Always** have raingear in your pack. Preferably not ponchos. The wind can pick these up and blow them over your head or into a fire. A coat and pants are best.

Extra underwear – You should always sleep in a fresh T-shirt, underwear and socks. If you wear the same underwear to bed that you hiked in or wore all day, it will have sweat in it. In the middle of the night you will be freezing because as the moisture in your clothing cools, so will your body temperature. Ideally, you should have a set of clothes that you only sleep in.

Personal Hygiene Items – Yes, you are to brush your teeth and wash your face & any thing else, during a campout. There are usually restroom facilities around where you can wash up or you can heat up some water and wash at the campsite. Dirty bodies can cause infections.

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COLD WEATHER CLOTHING CHECKLIST FOR HIKING, CAMPING, AND BACKPACKING:

Long Sleeve Shirt – Wool or Flannel, two or three, depending on how long you'll be gone.

Long pants – Fleece, wool, or jeans. Remember, jeans are heavy and hold moisture for a long time.

Sweater – To keep warm on cold campouts, dress in layers. T-shirt or long underwear type shirt, then your flannel shirt or a sweatshirt (fleece) and then a jacket or sweater. If you get too warm you can peel clothing off, if you cool down, you put clothing on.

Long Underwear – Should be made of wool or synthetic material. Tops and bottoms. Two – Three pair of each for a cold weekend.

Hiking Boots or Sturdy Shoes – the same as for warm weather campouts.

Socks – the same as for warm weather campouts. You might bring an extra pair, in case it's really cold or you get wet.

Insulated Parka or coat with hood – See Sweater above. You will probably be outside more exposed to the cold weather so think wisely.

Warm Hat – Most of the body's heat escapes through the uncovered head. Wear a hat. Keep the ears covered. You may even want two or three warm hats. If it's cold outside, nothing feels better than a dry stocking hat to sleep in and you might get one wet. A wet hat is no good to you.

Mittens and/or gloves – Mittens help get the hand warm by using the other fingers to get each other warm. You can also wear gloves with mittens over them. Again, maybe a couple pair. Nothing's worse than wet gloves or mittens.

Rain gear -- Sometimes it rains in the winter and sometimes just putting that rainsuit over your existing coat and pants can help warm you up. **Always** pack your raingear whether the weather man says you will need it or not.

Extra underwear – See warm weather camping. Extra underwear is a good thing for many reasons. ☺

OTHER STUFF....

To help keep a Scout's clothing clean & dry while it is packed, a day's worth of clothing can be packed in a gallon size zip lock bag or the new 2 gallon size ziplock bags while it is in his pack. The dirty clothing can then be put back in a ziplock to keep it from soiling other items in his pack or the pack itself. It's a good idea to send a couple extra zip lock bags.

SLEEPING GEAR – All campers need proper sleeping gear. If the troop is going to be in a cabin, a heavy blanket or two and a sheet with a pillow are fine. If the troop is sleeping outside in tents, which we do most often, please watch the weather reports. If your sleeping bag is only good to 40 degrees and it's going to get down to 20degrees or lower, you are going to be cold. If this is all you have, a wool blanket or two stuffed inside will make a world of difference. On the other side of the coin, if your sleeping bag is to keep you warm if it's 20 below zero outside and the weather report says it's going to be 60 degrees, you are going to be too warm. Then you sweat, then you chill. Bring an extra lightweight blanket to cover with when you have to

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SLEEPING GEAR continued...

open your sleeping bag. WEAR CLEAN DRY CLOTHES TO BED NO MATTER WHAT THE WEATHER cannot be stressed enough. **We only sleep in cabins in December and January. Please watch the weather reports and make sure your son has the proper equipment for the weather.**

EATING UTENSILES – Everyone is responsible for bringing their own eating utensils on a campout. This means a bowl or plate; fork; spoon; knife; and cup. We do not want to see paper or styrofoam plates or cups or plastic silverwear on a campout. These are not good for the environment.

PERSONAL HYGIENE – Contrary to popular belief, we do encourage all scouts and adults to practice proper personal hygiene habits on a campout. Brushing of the teeth and washing of the face and other parts of the body are important for health reasons and for your tent buddy's health and breathing pleasure. There is always ample opportunity to "wash up".

THE SCOUT OUTDOOR ESSENTIALS – A good scout should always have the following items in his pack: Pocketknife (just a small one – nothing elaborate is needed – make sure it's sharp before leaving home), personal first aid kit (see the first aid section of the handbook), extra clothing, rain gear, a water bottle or two (at least one quart each), flashlight with extra batteries, a candy bar or granola bar for those "can't wait until the next meal" times, matches and fire starters, sun protection and bug protection if needed, and a good compass.

Again, read the Boy Scout Handbook for the wealth of information there for almost every situation that can come up at a Scouting event. ***READ YOUR BOOK, READ YOUR BOOK, READ YOUR BOOK.***

We have well trained leaders in this troop that can help you make sound decisions concerning what type of equipment to buy and pack for a campout.

Speaking of campouts: This troop asks that all Scouts and Leaders attending a campout be at the church by 5:30 p.m. We want to leave at 6:00 p.m. There is a lot of troop equipment and personal gear that needs loaded in to the trailer before we can depart. Instructions need given. Please read the "Troop Bylaws and Policies" concerning leaving and returning from campouts. Scouts are not permitted to leave the church until all of the Troop gear is put away and the area is cleaned up. We try to return at 11:45 a.m. and the Scouts are usually dismissed by 12 noon, as long as everything is put where it should be.

A NOTE ABOUT THE CRACKER BARREL ON FRIDAY NITES: This is basically a snack time for when camp is all set up. Because we leave at 6:00 p.m., we realize that most of the participants ate a really early dinner, if they got dinner at all. Each camper is only to bring **one item to share** with the other campers. This doesn't mean 5 boxes of cookies. It means 1 box or bag of cookies or crackers or cheese or some cut up fruit or 1 bag of potato chips, pretzels or nacho chips and salsa. If there are too many items leftover from the "cracker barrel" the Scouts will have a tendency to snack and then not be hungry when mealtime rolls around or complain of a "tummy ache". We plan nutritious meals with enough servings for everyone to be satisfied.

Scouts are not to store food, candy or pop in their tents. This invites "critters" to visit, the 4 and 6 – 8 legged kind. There's also nothing worse than to find out a month later that "Tommy" left food in the tent while it was stored and there's now mold in the tent. Left over food is to be stored in the trailer, the kitchens or the ice chests. Scouts are not permitted to bring pop on a campout.

Scouters throughout 90 plus years of camping have arrived at the items above to help make the camping experience more enjoyable for the Scouts and the Leaders. Scouts are to "Be Prepared".

Post this on the frig at home or tack it up in your bedroom to help you "Be Prepared" for the next campout.

THE ADULT COMMITTEE AND LEADERS OF TROOP 586