



Troop 7

Equipment Guide

NOTE: This list doesn't include the Handbook and Uniform. See the appropriate sheet for these important items

Since every new Scout comes home with a list of "necessary" equipment and demands that Mom and Dad get them *NOW*, we've compiled this overview to preclude any purchasing frenzies and to answer any questions. Included are BSA gear requirements and personal camping equipment suggestions and more importantly.....where to find them.

BOOTS - \$60 - \$125

A good pair of ankle-high boots, along with good socks, is a Scout's best friend. Don't buy boots expecting them to last years. You don't want to grow into boots at the expense of blisters and sore feet. Ankle high leather work boots work in a pinch. When buying hiking boots, consider the new **lightweight waterproof designs**. Leather mountaineering boots are heavy and too expensive for young feet. Boots should have thick soles with good no-slip grips. They should be well broken in before their first field trial. Sneakers should only be brought on camping trips as "camp/cabin shoes" because they offer no ankle support for rocky terrain. Rocks **LOVE** to hide under leaves waiting to reach out and grab you.

SOCKS - \$8.50 and up

Polypropylene under socks and wool over socks are standard. Polypropylene whisks moisture away from the skin while wool provides warmth even when wet. Silk socks go on first, wool goes next. *Soooo nice!! "Thor-Lo" or Smart Wool Brand Socks Are An Excellent Investment And They Last A Long Time. NO COTTON SOCKS!! That's how feet get cold!*

DAYPACK - \$10 - 40

Many Scouts have a daypack that's used as a book bag for school. If you don't already have one, any of the nylon or cordura bags on the market will do. Daypacks are used on day trips (hikes) to carry the essentials – bag lunch, sweater, rain gear, etc. Almost any school-type daypack will do. A common choice among the boys is the REI Flash 18.

EXTERNAL FRAME BACKPACK - \$100 - \$150

Kelty is the preferred external frame brand for new Scouts. A good backpack is a major purchase. Before you buy, borrow, if possible. Make sure the commitment to Scouting is there. When buying a backpack, buy an adjustable, external frame pack with padded shoulder straps, a padded quick-release hip belt, and zippered side pockets. Adjustability lets the pack grow with you. An external frame provides the best-balanced pack for most of our trips. The padded shoulder straps and hip belt provide comfort and proper weight distribution for the body. The small side pockets offer convenient storage for ready access. A pack must fit and feel comfortable. Ask the salesman to load the pack with 20 pounds of weight. Try the pack on and walk around the store with it on your back. Knowledgeable salesmen will fully adjust the pack to fit.

PARENTS: LET THE STORE HELP YOU. PLEASE MAKE SURE THE PACK IS ADJUSTED AND THE HIP BELT IS FITTED CORRECTLY. HIP BELTS DO NOT GO AROUND A SCOUT'S THIGHS.

Don't forget that Backpack Rain Cover!! Just in Case.

SLEEPING BAG - \$100 and up

Sleeping bags vary by temperature ratings, fill materials, and construction. *For our purposes, a 0° to 20° rated, 3 season Polyester bag is best.* Stay away from Goose Down. Polyester fills, "Polarguard", "Hollofil", "Quallofill", or "Thermolite" will provide good loft (loft = insulation power), moderate weight, and good heat retention when wet. Down fill provides the best loft per pound and therefore is lighter in comparison to the same temperature rated synthetic bag, but is useless when wet and is very costly. Look for a bag with a 2-way zipper with a baffle tube covering it. Mummy bags with drawstring hoods are warmer than rectangular bags. **BE SURE YOUR BAG COMES WITH A COMPRESSION STUFF SACK OR BUY ONE.**

SLEEPING PAD - \$10 - 150

Insulation first, comfort next. Open cell foam pads (seat cushion foam) are hydrophilic (gets wet) and compressible (have poor insulating properties), and therefore are **NOT** recommended. Air mattresses lose too much heat through convection with the ground and, though comfortable, and are also **NOT** recommended - you WILL get very cold. *Closed cell foam pads are the standard.* They don't retain water, you lose little body heat through convection, and they roll tight for easy carrying. We recommend all Therm-A-Rest products. RidgeRest (Roll), Z Rest (Fold), or Therm-A-Rest (auto-inflatable). Any one of these is excellent. The *auto inflatable* option combines the best attributes of closed cell pads, moisture resistance and heat retention, with the comfort of an air mattress, though they tend to be most expensive and can be heavier.

LASH STRAPS - \$3.00/pair

Nylon lash straps are the best way to lash a tent, sleeping bag, or ground pad to a pack.

Buy one pair, 36 to 42 inches long, 3/4 to 1 inch wide, with plastic quick release buckles.

Bungee Cords Are Less Adjustable And Secure. And Are Not Recommended.

NALGENE (Canteen) - \$12

Stay away from the metal styles of yesteryear. Use lightweight water bottles such as Nalgene 32 oz. Lexan polycarbonate or high-density polyethylene wide-mouth bottles.

LED FLASHLIGHT - \$3 - 10

LED's are the way to go. Mini-Mag LED lights (two AA batteries) are small and light; they are the flashlights of choice. They are nearly indestructible. They're lighter than D battery flashlights and standardizing battery size to AA or AAA within the Troop makes swapping spares easier. Headlamps from Petzl and others triple the price but free your hands and are the best overall option. Monster searchlights are heavy and bulky – don't do it. No incandescent bulbs.

RAIN JACKET AND RAIN PANTS - \$25 - \$100

Don't go cheap here. Look for REI house brands when on sale, or find an equivalent. We want a Scout to be dry if we get stuck in the rain. If you buy cheap vinyl or plastic ponchos or jackets, they will be replaced after every outing – they rip easily. Avoid costly Gore-Tex garments until it's warranted.

EATING UTENSILS \$10-\$20

A plastic bowl, plastic insulated mug and spork (yes spork - combination fork and spoon). ***Be ready to attach your mug to your belt with a lanyard or carabiner so it'll always be with you.*** You never know when an offer of some hot chocolate will pop up. - ***BE PREPARED!***

ORIENTEERING COMPASS - \$10 - \$20

Buy a lightweight compass (Silva or Suunto model is the standard and best for beginners) with a clear rectangular base for taking accurate bearings.

POCKET KNIFE - \$10 - 20

Forget the 50-gazillion gadget knives. Usually, a simple two bladed version will do. "Swiss Army" is usually just fine. At a minimum, knives are useful for first aid, food preparation, and cutting moleskin strips. ***NO SHEATH (RAMBO) KNIVES!!*** ***Your knife should be attached to your belt via a lanyard or case. The Scout may not carry or use a pocket knife until the Totin' Chip badge is earned.***

WHERE TO BUY

Campmor - www.campmor.com

Route 17, Paramus N.J.

Great prices, terrific sales help!!

We think it's worth the gas and tolls. Carpool!

REI - www.rei.com

Glen Cove Road, Carle Place, NY

Great Selection, Professional Equipment - buy when on sale if you can

Long Island Scout Shop

544 Broadway, Massapequa

Won't steer you wrong when buying equipment. Not the best price, shop around

L.L. Bean - www.llbean.com

1-800-341-4341

Outstanding quality and guarantee

Amazon - www.amazon.com

You can't touch or feel - But the prices are great!