



## TROOP 7

### WEEKEND CAMPING PREPARATION AND PACKING LIST

A typical camping trip for Troop 7 will involve leaving on a Saturday morning, and returning Sunday morning around lunchtime. When preparing for the weekend, keep in mind that we'll only be gone for one night - so don't go too crazy with extras on top of extras. It'll just weigh you down. With that said, here's an overview of how to prep for a weekend trip:

#### What to wear:

- We'll start off with the feet. HIKING BOOTS ARE A MUST! Without them, you won't be allowed to go on trips. Also, good hiking socks.
- Cotton is the least-recommended material for your shirts and pants. It absorbs sweat and becomes very uncomfortable if it gets wet - and it doesn't dry. Do all you can to stay away from cotton. Instead, if you have it, wear clothing that is made from "wickable" (typically synthetic) material. Inexpensive "wicking" t-shirts can be found at Target, Dick's Sporting Goods, or other stores.
- Dress for the weather. Multiple layers is much better than a single heavy layer, as it's easier to add or subtract layers as you get warm or chilly. Remember - there will usually be no "place inside" to go to warm up if you get chilly (or wet). And it will get cooler than you expect on Saturday night into Sunday morning.
- Do NOT wear jeans or sweatpants. They absorb way too much moisture (whether from rain or sweat).
- Do NOT wear your Class A uniform, unless you're asked to do so for a specific trip. Instead, wear a "Class B" Scouting t-shirt, with layers on top as appropriate for the weather.

#### What to Pack In:

- A backpack is a must for most trips, just like boots. No suitcases, duffel bags, wagons unless told otherwise. Everything must be carried on your back, with your hands free.
- Once you finish packing all your personal gear (discussed below), there should still be plenty of room inside your pack to take your share of patrol equipment, tents and food.

#### How to Pack:

- Compress everything as tightly as possible.
- Pack things inside each other, whenever possible. (Don't waste space with empty air.)
- Anything that might get wet (clothes, sleeping bag, etc.) should be stuffed inside waterproof bags (Ziplocs or garbage bags, even - they work fine) inside your pack.



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**What to Pack:** (in addition to what you're wearing on Saturday morning)

- Clothes: 1 extra underwear (for Sunday). 2 pairs socks. Sleep wear. An extra pants, and 1 or 2 extra shirts. Don't overpack - we're usually only going for one night, and Scouts can wear things twice. It's mostly to be comfortable, and to have extra in case something gets wet.
- Extra layer for when it gets cool at night - a fleece or other non-cotton over-shirt is very helpful. A bulky, cotton sweatshirt is highly discouraged.
- Rain gear: YES. EVEN IF THERE IS NO RAIN IN THE FORECAST. A rain jacket and rain pants are best.
- Hat: A baseball hat or equivalent. If it is likely to be chilly, also pack a wool hat and gloves.
- Sleeping bag. (Strap to the outside of your pack, inside a waterproof stuff bag.)
- Sleeping pad. (Also strap to the outside of your pack.)
- Eating: plastic eating utensils, a sturdy plastic bowl, an insulated plastic cup. These should generally be all you need, depending on your patrol meal plan for the weekend.
- Nalgene or other type of water bottle: One 1-liter Nalgene, filled with water before you leave home. For some trips, we may ask you to bring a second liter of water.
- Toothbrush, toothpaste, other personal hygiene items.
- A small supply of toilet paper - just enough for you for one day. In a Ziploc bag.
- Headlamp or small flashlight.
- Pack rain cover.
- LUNCH FOR SATURDAY. Everyone is expected to pack their own lunch. (Stay compact - for example, no giant bags of chips - it's all air that's filling up your pack.)
- Scout Handbook, small notebook and pen or pencil.
- Compass (for orienteering practice, etc.)
- Personal first aid kit.
- Separate day pack will be recommended for most trips.
- Optional items - collapsible camp chair (must fit inside or attach to backpack), sunscreen (very small container), insect repellent, sunglasses, lip balm, small hand towel.
  
- If you require any medications, they should be given to an adult leader in charge by a parent at the beginning of the trip. The medication should be in its original bottle or other container, accompanied by written instructions for how it is to be dispensed to the Scout. Both the medication and the instructions should be in a single Ziploc-type bag.

This may seem like a lot, but be efficient, and it'll work easily. Remember to leave that extra room for your fair share of the troop and patrol equipment.