



# So You're Going Backpacking With Troop 1 Stow?

A Guide for Troop 1 Stow  
Scouts and Parents

# Overview

Congratulations! You have signed up for what could be the adventure of a lifetime. Wilderness, wild animals, rocky outcroppings, dusty trails, bugs, and star-lit skies await you at your destination.

While this is a terrific opportunity for you, there are some things you need to know. Having the proper equipment will allow you to enjoy your trip. Having the wrong equipment could mean lots of pain and misery.

You also need to be aware that your trip will be approximately 14 days long. Only 6 of these days will be spent backpacking in the wilderness. This guide is to help you pack for those **6 days only**. The rest of the time will be spent on day trips and at a base camp. You can bring anything you want for your time at base camp.

Here is how this works.

# Packing for the Whole Trip

## Backpacking

As mentioned, only 6 days will be spent on the trail. For backpacking, you will want to bring the gear and clothing listed in the following slides. This presentation covers only the necessities and optional items required for the backpacking portion of the trip.

## Base Camp

For the remainder of your time on this trip (8 more days!), you will want to bring comfortable clothes and equipment that you would not necessarily bring with you backpacking. You will need enough clothing to last for 8 days without getting too disgusting. Nobody will want to sit on a plane with you if you stink going back home. There will likely be an opportunity to visit a laundromat at some point, but don't count on it.

Bring enough clothes for 8 days in civilization. We will be going to national parks, stores, and tourist sites. **DO NOT PACK ONLY YOUR BACKPACKING ITEMS.** Bring the rest in your checked baggage. For base camp, you can bring anything you want if it meets the airline's weight requirements (2 checked bags, under 50 lbs each)

- 1) Your backpack and all backpacking gear is to be placed in duffle bags. You can put anything you want in those duffels if each bag stays within the 50-lb weight limit of the airline. You will have the opportunity to re-pack your backpack once at base camp
- 2) Once we reach the base camp, your backpack will be removed, and following one day of provisioning, will need to be ready to head into the wilderness 48 hours after you arrive. There will be a group packing session and shake down prior to trail departure.
- 3) The rest of your gear (base camp items) will remain in your duffels and be stored in a locked box truck at base camp. Those items should be ready to go when you get off the trail after 6 days.
- 4) Bring deodorant for base camp. Not to be used in backpacking, but you (and others) will be glad you have it at base camp.
- 5) Lighters can be taken on the plane but must be carried on. They are not allowed in checked baggage

# Things to Keep In Mind for Backpacking

1. “Proper” does not necessarily translate to “Expensive”.
  - There are terrific discount sites that offer deals on fantastic camping and backpacking gear. See the list at the end of this presentation.
  - Certain items in this presentation are cheaper than you would expect. For instance, use plastic bowls and cups. You don’t need anything fancy for your eating utensils.
  - Check out the classifieds for more expensive items. Great deals can be had on used backpacks, sleeping bags, foam pads, and tents.
2. You can’t bring everything you want to bring while backpacking
  - You will probably not have enough room in your pack to bring all the personal items you want to bring on the trail. Remember, you will also have to carry substantial amounts of food and troop gear with you
  - Understand now that you will be dirty and smelly while backpacking. Limit the clothes you bring and deal with it
3. Don’t “Dangle”
  - Items strapped to the outside of your pack and “dangling” along the trail will cause major issues.
  - Learn to strap items to your pack properly (compact and tight) and keep them to an absolute minimum.
4. No such thing as “trail fashion”
  - It doesn’t matter what your clothes or gear look like. If they function properly then they are good. If they look good but do not function, they are useless. Wear what is comfortable and use what works
5. Backpacking should not be a death-march
  - Packing properly and having the right gear allows you to enjoy your wilderness experience and dramatically reduces your pain and suffering. Pack light, pack well = easy hiking.

# Shirts

- Synthetic, UPF, quick-drying fabric
- Cotton – Useless when wet, takes forever to dry, incubates bacteria, stinks. COTTON KILLS!
- For Backpacking, bring 2 quality backpacking shirts
- Every participant will receive Troop shirt
- Bring one base layer shirt
  - Synthetic (best option)
  - Silk (very expensive)
  - Merino Wool (very heavy)



- Railriders.com shirts are ideal for backpacking. They are strong, lightweight, quick-drying synthetic fabric with a +30 UPF.
- Other places to look:
  - REI
  - EMS
  - Campmor
  - Columbia
  - White Sierra

**What Should I Pack? 2 shirts, 1 base layer**

# Footwear

- Mid-weight hiking boots – Light boots may not be able to handle rough trail
- Firm, grippy sole
- COMFORTABLE! They need to fit. Kids feet grow fast. Make sure your boots will fit in the Summer of 2020.
- Should fit snug everywhere, tight nowhere, and allow you to wiggle your toes
- Fit is more important than brand
- Get fit at retailer with brand and size, then look for deals online
- Waterproof isn't necessary, but nice



- Camp shoes (required)
- Smaller, lightweight shoes to wear after backpacking all day
- Can be sneakers or anything comfortable
- Should also be tough and cover the toes and heel
  - Can bring flip flops, but they don't count as your camp shoes
- Required to wear shoes when swimming
  - Teva's okay (covered toe)
  - Crocs are good
  - No flip-flops
  - Boat shoes
  - Slip-on's with sole
  - Old worn sneakers

**What Should I Pack? 1 pair hiking boots, 1 pair camp shoes. \*Optional – 1 additional pair water shoes**

# Footwear - Socks

- Mid weight hiking socks!
- Provides additional protection
- Wool or synthetic (Cotton Kills)
- Avoid white “athletic” socks
- Need to be tough
- Be sure to wear when fitting boots
- Don't skimp on socks
  - Personal preference, but you should bring multiple pairs of socks



- Will wear/hike in every day
- Difficult to clean
- Will stink
- Need to be above the boot
- Be careful of extreme thickness (too bulky)

**What Should I Pack? 3 pairs of high-quality hiking socks at minimum**

# Pants/Shorts

- Synthetic, UPF, quick-drying fabric
- Cotton – Useless when wet, takes forever to dry, incubates bacteria, stinks. COTTON KILLS!
- For Backpacking, bring 2 quality backpacking shorts/pants
- Zip-offs are a good choice
- Pockets are useful
- Internal liner OK (personal preference)
- Not restrictive
- Be aware of “snag” factor
  - Certain fabrics get caught up easily in brush



- Comfort is key
- Will wear whole time backpacking
- Durable
- Where to find:
  - REI
  - EMS
  - Campmor
  - Columbia
  - White Sierra
  - LL Bean
  - Old Navy
  - Kmart
  - Wal Mart

**What Should I Pack? 2 pair shorts, 1 pair long pants (or one pair zip-offs, one pair shorts)**

# Sleeping Bag

- Minimum 40-degree bag
- Cotton – Useless when wet, takes forever to dry, incubates bacteria, stinks. COTTON KILLS!
- Synthetic fill – Keeps warm even when wet, but heavier
- Down – Very light, but useless when wet and requires extreme care (not for kids)
- Consider adding liner
  - Synthetic or silk
  - Increases warmth
  - Protects bag from dirt
  - Light weight
  - Adds 10-degrees warmth



- Most kids cannot handle caring for an expensive down bag.
- Go for light synthetic
- Typically can choose zipper side
- Recommendations:
  - Mountain Hardwear Ultralamina series
  - Kelty
  - North Face
  - Try Campmor to purchase

**What Should I Pack? 1 40-degree bag. Optional – 1 bag liner**

# Sleeping Gear

- Sleeping pad
- Ground cloth (under tent or under mattress if you have a tent footprint).
  - Basically a thin plastic or fabric sheet
  - Protects the tent from external damage or sleeping bag from bottom of tent
- Light weight and comfortable to sleep on
- Makes a HUGE difference in enjoyment of the backpacking trip
- Different types:
  - Air pads – Can be light and comfy
  - Self-inflating – Heavier, but more comfy
  - Closed cell – Very light, not as comfy
- Must fit in or on your pack tightly, no dangles
- Air pads can develop leaks and cheap ones provide no insulation for warmth
- Self inflators still might require some inflating and have most insulation (warmth)
- Closed cell are light but bulky and provide least insulation



- Space blanket makes a great ground cloth
- Air pads provide the most comfort with the least bulk but can be expensive
  - Big Agnes
  - Nemo
  - Therm-a-rest
  - Klymit
  - REI
  - Sea-to-Summit
  - Exped
  - Alps Mountaineering
  - Kelty

**What Should I Pack? 1 Sleeping Pad, 1 ground cloth (space blanket, for instance)**

# Tent

- **Troop 1 has great tents**

- No need to purchase, your option
- Each Scout pair/ Adult pair can use a troop tent
- Should be light, small, tough 3-season
- Test it first. Make sure it doesn't leak
- Free-standing capability
- Count your stakes
- Store properly (dry)
- Careful with the zippers
- Store backpack outside tent
- Be gentle



- Troop 1 - Marmot limelight tents (shown)
- Avoid discount tents
- No Cabin tents
- Stay away from off brands like:
  - Alpha Camp
  - Ozark Trail
  - Triwonder
- Invest in brand name
- Good tents are expensive (and well worth it)

**What Should I Pack? 1 two-person backpacking tent (split with tent partner)**

# Required Personal Items

- Winter hat – Easiest way to get warm
- Rope – At least 50' of rope/chord (clothesline, bear bag, tarp, etc)
- Gloves – for working with hot utensils/fire (leather)
- Rain gear – waterproof jacket/poncho
- Warm fleece/jacket/coat/puffy
- Carabiner—Use for bear bags, etc
- Wide-brim hat (sun protection)
  - Tully, for instance (shown)
- Sponge/Scrunge – For cleanup
- Soap (biodegradable Camp Soap)
- First aid kit
  - Contains; Band-aids, MOLESKIN or MOLEFOAM (for blisters), gauze, burn ointment, tape, alcohol swabs
  - Troop 1 has a supply of these. Before purchasing on your own, get one from us



**What Should I Pack? One of everything on this list.**

# Toiletries

- Toilet paper – Self explanatory
- Pack towel
  - Not a beach towel
  - Light weight, not huge
  - Super absorbent and dries fast
- Toothbrush – A Scout is clean
- Toothpaste – Goes with above
- Lip balm – This is a life saver on a dry trail
- Sunscreen
- Camp Soap
- Anti chafe balm (optional)
- Medicated powder (optional)



**What Should I Pack? One of everything on this list. Optional items are HIGHLY RECOMMENDED**

# Cooking and Eating

- Light weight bowl
  - Bowl is better than a plate – Much of the backpacking food is served as a goop better suited for a bowl
  - Aluminum bowls are heavy and retain heat when filled (too much heat)
- Light weight cup
  - Aluminum cups are heavy and retain heat when filled (too much heat)
  - Lids are good, but not required
- Spork
  - Can have separate spoon and fork, but that is added weight
- Durable!!!



- Avoid “mess kit” style eating utensils.
  - They are heavy, too cold on the hands in cold weather and heat up too much when holding hot liquids or meals.
- Any sturdy plastic container will work for a bowl
  - Tupperware
  - Margarine/butter containers
  - Must last 7 days on the trail

**What Should I Pack? 1 bowl, 1 cup, 1 spoon and fork or spork**

# Water

There are several different way to carry water on the trail. **Nalgene-type bottles** are very handy, and they typically fit well into the outside mesh pockets of most backpacks.

Another option is to carry a **hydration bladder**. These usually slip into a pocket inside your backpack with a hose that attaches to your shoulder strap, allowing access to water through the hose without having to open a water bottle. It is much easier to use while hiking than the bottle option. Bladders often come enclosed in a full backpack with straps and storage. That setup is not necessary. A simple bladder is all that is required. Be aware of the size of the bladder. It should not exceed 2 liters and should be only 1 liter if also carrying a one-liter bottle.

Each hiker should plan on carrying 1.5 liters of water at a minimum. How you carry that is your choice. Troop 1 does recommend that you carry 1 bottle and 1 hydration bladder. Every liter weighs 2.2 lbs, so you don't want to carry too much.



**What Should I Pack? Bottles/bladders capable of holding at least 1.5 liters of water**

# Troop/Patrol Gear

- Tarps
- Water purifier
- Tent
- Stove
- Stove fuel
- FOOD!!!!!!!!!!!!!!
- Utensils
- Shovel
- Bear spray
- Bear bag



This is just the food for one group on the Wyoming trip. This has to fit into the group members' backpacks. So LEAVE ROOM in your pack.



- Axe
- Hatchet
- Tent poles/tarp poles
- Saw
- MORE FOOD!!!!!!
- Water jug
- Extra tent stakes
- Maybe even kitchen sink
- In addition to backpacking food, personal food items including 3 trail bars per day (18-24 trail bars)



**What Should I Pack? All or some of the above will need to fit IN or ON your pack (no dangles!)**

# Optional Personal Items

- 2<sup>nd</sup> Winter hat
- Ball cap
- Camera
- Compass
- Bug dope
- Sunglasses
- Gaiters
  - Keep dust and brush off your legs
- Multi-tool
- Bandana
- Cards
- Extra batteries
- Knife
- Charger
- Deodorant
- Tarp
- Hammock
- Star chart
- Book
- Frisbee/football/etc
- Candle
- Pillow
  - NOT a big fluffy pillow from home
  - Inflatable backpacking pillow is fine
  - Not necessary. Use a coat or other clothes for this purpose



**What Should I Pack? Anything else you want to bring. Remember YOU will carry it.**

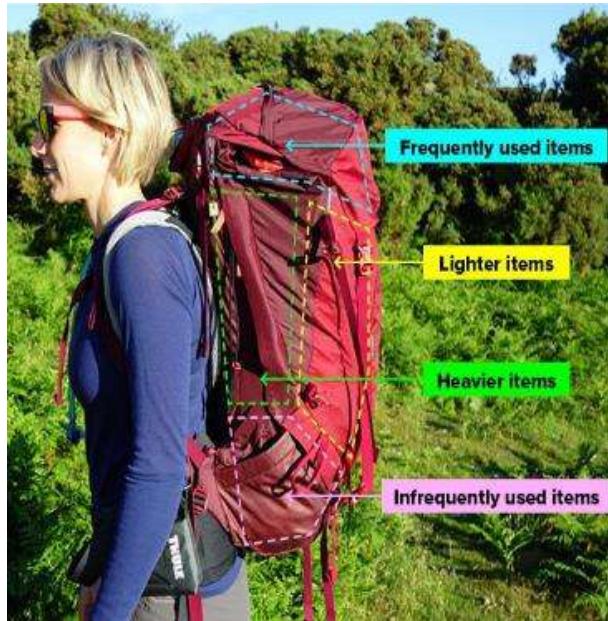
# Optional “Good To Have” Items

- Extra stuff sacks
  - To organize gear in your pack
  - Also for bear bag hanging
- Compression sacks
  - Better than stuff sacks
  - Have straps that help remove air and compress items
  - Can be used in place of sleeping bag stuff sack and for miscellaneous personal items
- Extra plastic bags
  - Zip lock baggies - several
  - Larger trash bags – 2 or 3
  - Twist ties
- Emergency Kit
  - Lighter/matches (waterproofed)
  - Zip ties
  - Compass
  - Duct tape (not a whole roll)
  - Needle and thread
  - Water purification tablets
  - Fishing line
  - Whistle



**What Should I Pack? Be ready for an emergency, and keep your stuff dry and organized.**

# Packing Your Stuff



**RIGHT!**

## Pack Properly

- No “Dangles”
  - Items strapped to your pack should be tight
  - You will rue the day
- Proper size pack
- Waterproof pack cover
- Heaviest stuff closest to your back
- Adjust straps, webbing, hip belt to proper fit
- Center of gravity close to your back
- Don’t bring too much stuff (you do not need that espresso maker)
- Keep handy:
  - Rain Gear
  - Flashlight
  - First Aid Kit
  - Camera (optional)
  - Water



**WRONG!**

**What Should I Pack? Everything you NEED for 6 days in the wilderness (not necessarily what you WANT)**

# Packing Your Stuff

## Pack Properly

- No backpack is completely waterproof.
- Pack your sleeping bag inside a plastic bag, and then inside your stuff sack
- Line your backpack with a tall plastic bag, then pack your gear inside the plastic bag
- Keep your gear/clothes organized by packing them in stuff sacks or bags
  - Keep “sets” of clothes together so you don’t have to open multiple bags to change clothes
  - If you want something to stay dry, pack it in plastic bags
  - Seal bags with twist ties
  - Bring extra twist ties.



**What Should I Pack? Make sure your gear stays dry. Anticipate rain and wet weather**

# Resources

## Retailers

- Campmor
- REI
- EMS
- Cabelas/Bass Pro Shop
- Outdoor Store

## Discount Sites

- <https://www.sunnysports.com/>
- <https://www.leftlanesports.com/>
- <https://www.theclymb.com/>
- <https://www.sierra.com/>
- <https://www.backcountry.com/>
- <https://www.steepandcheap.com/>
- <https://www.moosejaw.com/>
- <https://www.gearx.com/>

## Use local retailers:

- Try on boots, get fitted for a pack, inspect equipment, check on weight
- But don't buy anything yet. Write it down, go online to look for better deal.
- You may not always get a better deal online, but it doesn't hurt to look

## Other places to look:

- Amazon (Use Smile and support TOSA)
- Ebay
- Hilton's Tent City (Boston)
- Dick's Sporting Goods