

10 Essentials & Gear Lists

Troop 282 Personal Clothing and Equipment List

TEN ESSENTIALS - REQUIRED FOR EVERY HIKE:

* at least one per every three scouts

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|--|--|---|
| <input type="checkbox"/> Water in a 1 Qt Wide Mouth Poly Bottle | <input type="checkbox"/> Sun protection (hat, sun glasses, sun screen & lip balm) | <input type="checkbox"/> Matches (in waterproof container) & Fire starter (or candle) |
| <input type="checkbox"/> Extra Food (trail mix) | <input type="checkbox"/> Topographic map (in ziplock bag) | <input type="checkbox"/> Scout knife * |
| <input type="checkbox"/> Rain gear & Extra Clothes (pants and jacket or poncho) | <input type="checkbox"/> & Compass * | <input type="checkbox"/> Flashlight (with fresh batteries, extra batteries & spare bulb) |
| | <input type="checkbox"/> Personal First Aid Kit | |
| | <input type="checkbox"/> Whistle (carry in pocket) | |

REQUIRED FOR EVERY OVERNIGHT:

TEN ESSENTIALS and:

- Backpack w/frame & waist belt
- Pack cover (or large garbage bag)
- Ground Cloth (water proof)
- Sleeping Bag in plastic bag, inside stuff sack (20 degree rating)
- Foam sleeping pad
- Eating Utensils, Plastic cup & spoon
- 2 extra large garbage bag
- 50' nylon cord (1/8 inch)
- Biodegradable soap
- Small towel
- Toothbrush & tooth paste
- Watch
- Personal medications (must inform leader)
- Trowel or spade
- Toilet Paper &/ wet wipes in zip lock bag
- Insect repellent
- Extra clothes to wear home (to be left in car)

Wear &/ Pack:

- Long pants &/ Hiking/swimming shorts (one pair)
- Long sleeve shirt
- Insulating layer (fleece)
- Windbreaker
- Hiking boots (waterproofed)
- T-shirt (preferably polypropylene)
- Underwear / polypropylene long underwear
- Hiking socks (2-3 pair, wool or polypropylene)
- Sock Liners (2-3 pair, polypropylene)
- Gaiters
- Hat &/ bandana

Pack:

- Extra T-shirt
- Extra underwear
- Camp shoes (light weight sneakers/aqua socks)
- Work gloves
- Knit or wool cap (covers the ears)

OPTIONAL:

- | | |
|--|--|
| <input type="checkbox"/> Water tablets | <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Pencil & notepad | <input type="checkbox"/> Handkerchief or tissues |
| <input type="checkbox"/> Rubber bands | <input type="checkbox"/> Spending money |
| <input type="checkbox"/> Camera / film / batteries | <input type="checkbox"/> Day pack |
| <input type="checkbox"/> Cards & travel games | <input type="checkbox"/> Scout handbook |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Reading material / field guides |
| <input type="checkbox"/> Ice axe | <input type="checkbox"/> Camp chair or seat |
| <input type="checkbox"/> Bug Hats w/mesh | |
| <input type="checkbox"/> Fishing gear & license | |

ADD FOR A WINTER HIKE:

- Winter Underwear (top & bottom)
- Mittens or gloves
- Sleeping bag liner
- Warm coat
- Insulated boots (optional)

NOTES:

On backpacking trips leave room in backpack for patrol gear and food

One of our objectives is to keep the packs as light as is reasonably possible. To make the trip as fun as possible during hiking, each boy should carry only 20% of their weight.

No electronic devices, no tobacco, no drugs, no alcohol, no aerosol or glass containers

REMEMBER: COTTON KILLS: Try not to use any cotton clothing. NO jeans, cotton t-shirts, etc. **WOOL OR POLYPROPYLENE IS BEST**

The Scouts of America "10 Essentials" are:

- Map and compass: A map can provide detailed information about the area you're exploring.
- Sun protection: A sunhat can protect your face and eyes. Other useful items are sunscreen, sunglasses, and SPF lip balm.
- Extra clothing: You will want to bring extra clothing. No cotton.
- Flashlight: A flashlight or headlamp is important to carry. Bring extra batteries.
- First-aid kit: A first-aid kit is one of the essentials.
- Matches and fire-starters: You might need matches or fire-starters.
- Pocketknife: A pocketknife is one of the essentials.
- Trail food: You might want to bring a small bag of granola, energy bars, or raisins and nuts.
- Water bottle: You should bring a filled water bottle or two. Some adventures require water filtration or purification.
- Rain gear: A poncho or rain parka can protect you from the rain and wind. Rain pants and waterproof boots are useful.

**** Other supplies depend on the outing. Necessities will be communicated prior to each event, and some of these items may be supplied by the Troop. Here is a list of potential gear which you can borrow ideas from to make your own list:**

CLOTHES (moisture wicking/polypropylene clothing—NO COTTON!):

- Hiking boots
- Camp shoes (lightweight sneakers or aqua socks)
- Long pants & belt
- Swim suit
- Long sleeve shirts
- T-shirts
- Windbreaker / waterproof jacket
- Underwear
- Sock liners (thin polyester or lightweight wool)
- Hiking socks (thick wool or synthetic)
- Gaiters
- Hat / bandana
- Gloves

OTHER WARM WEATHER CLOTHES:

- Shorts
- Sandals

OTHER COLD WEATHER CLOTHES:

- Insulating layers (fleece) & winter underwear (top & bottom)
- Balaclava
- Beanie (wool or synthetic)
- Winter gloves (2 pairs)
- Snow pants
- Ski jacket / warm coat
- Extra wool socks
- Sweater (wool or fleece) or hoodie

OVERNIGHT HIKES:

- Tent
- Ground cover (waterproof)
- Backpack (w/ waistbelt & frame) and pack cover
- Daypack
- Sleeping bag (in stuff sack)
- Pillow or stuff sack
- Sleeping pad(s) or mattress
- Eating utensils (cup, spoon, fork, plate, bowl) & dunk bag
- 50' Nylon cord
- Towel (small)
- Insect repellent
- Extra clothes/shoes & food in car for trip home (in separate bag)
- Scout handbook (in Ziplock bag)
- Plastic bags (grocery & large trash)
- Tarps or dining flies (with poles & stakes)
- Emergency Whistle
- Camp stove & propane/gas
- Oven mitts / hot pads
- Food & cooking utensils/bowls/

OTHER FOR OVERNIGHT HIKES:

- Trowel or spade
- Toilet paper & wet wipes (in plastic bag)
- Water purification (filter or tablets)

COLD WEATHER SUPPLIES:

- Foam sleeping pad
- Ice axe
- Blizzard / snow stakes
- Sleeping bag liner
- Hand/toe warmers
- Snow chains & ski rack
- Ski-goggles
- Snow shovel
- Emergency blanket

WATER TRIP SUPPLIES:

- Water shoes
- Life vests
- Beach blanket
- Swim Goggles

OTHER:

- Duct tape
- Pencil & paper
- Card games / sports equipment
- Fishing gear & license
- Binoculars
- Reading material
- Camp chair
- Cord/rope & clothes pins
- Hatchet / knife sharpener
- Musical instrument (small)
- Knife sharpener
- Trekking poles
- Camera / Go-Pro

FIRST AID IDEAS (in waterproof bag):

- Antiseptic wipes or fluid
- Bandages (assorted sizes)
- Gauze pads (assorted sizes)
- Medical tape
- Moleskin or blister treatment
- Ibuprofen (pain relief medication)
- Insect sting treatment
- Antihistamine for allergic reactions
- Non-stick pads
- Tweezers
- Safety pins
- First aid instructions