

I. PERSONAL KITS

A. TYPES

1. TOILETRIES
2. MESS KIT & KP
3. 1ST AID & SURVIVAL
4. MISCELLANEOUS

B. THEMES

1. LIGHT, SMALL & ACCESSIBLE
2. WEATHER TIGHT & IDENTIFIED (***ZIP LOCK BAGS!!!***)
3. SEPARATE
4. ODOR FREE & "LEAVE NO TRACE"
5. COST & CHOICE (don't run out and buy expensive stuff!)

C. NOTE DIFFERENT NEEDS & PRIORITIES FOR DIFFERENT EVENTS

1. HIKE vs CANOE TRIP
2. CABIN vs TENT CAMP
3. FIXED CAMP vs MOVING CAMP
4. DIFFERENT SEASONS
5. DIFFERENT ENVIRONMENTS (mountains, woods, fields, beach, etc.)

II. PERSONAL GEAR

A. CLOTHING

1. LAYERS - *too warm can make you cold!!! (sweating results in evaporative cooling!)*
 - a. INNER - WICKING
 - b. MIDDLE - WARMTH (*easy on/off or zipper to regulate warmth*)
 - c. OUTER - SHELL (wind/rain) (synch, velcro, elastic at waist, neck & arms)
2. MATERIALS
 - a. NO COTTON!!!!
 - b. SYNTHETICS OR WOOLS
3. HEAD & FEET - MOST IMPORTANT
 - a. SOCKS
 - (1) Two Pair Method: polypropylene liner with rag wool outer
 - (2) One Pair Method: Hi Tech: Wigwam, Smart Wool, etc.
 - b. SHOES - ***NEVER IN TENT & BOOTS NEVER IN CABIN!!!!***
 - (1) Boot: support but flexible; gortex or water proof spray; rugged - not style
 - (2) Water Sock or Secure Sandals - water & boating
 - (3) Flip flop to wear at camp if hiking
 - (4) Sneakers - if fixed camp and dry
 - (5) Kick on & off pair - if in cabin
 - (6) Kitchen size garbage bag - to keep shoes/boots dry & tent clean
 - c. HAT - *30% and greater heat loss is through head*
 - (1) Hood or sock hat
 - (2) Shell hood or brimmed shell hat if rain

B. BAG & PAD

1. Sleeping Bag - note temperature rating & mummy vs regular style ... top three things
 - a. Tight weave wind & water repellent outer shell material
 - b. Zipper & Baffle construction that will not bind & snag but comfortably contain air
 - c. Synthetic fill to appropriate temperature rating (down is expensive & high maint.)
 - (1) Consider fleece liner as it adds dramatically to temp rating without much added expense - AND - can be easily washed instead of entire bag!!!
2. Pad - must be "closed cell" design
 - a. Youth do NOT need expensive therm-a-rest style inflatable pads

- b. Plain closed cell pad or “Ridge Rest” pad is best
- C. PACKS - *Hold off buying as long as possible ~ Troop has loaner packs!*
 - 1. SMALL gym bag works best for fixed camp tent camping

III. TOILETRY KIT

- A. **Small** Zip Lock (Freezer type) with name & # on outside
 - 1. Sample Sizes with secure caps and odor free / leave no trace as possible
 - a. Tooth paste, Floss & Tooth Brush
 - b. Soap - camp suds or Ivory - in separate container
 - c. Chap stick
 - d. Wash Cloth & Towel - synthetic (not leather) chammies or camp towels work best
 - e. TP - mostly depleted roll (plastic cat hole shovel bagged separately for hikes)
 - f. Comb, razor, etc. (Baby powder great for hiking)

IV. MESS KIT

- A. KP KIT IN **Small** Zip Lock (Freezer type) with name & # on outside
 - 1. Separate sponge & towel - can share soap - half a 3M scrub pad/sponge in separate bag (if lexan mess kit - be sure to use the sponge side, not the scrub pad side!)
 - 2. Mesh bag to store & hang to dry
- B. Water Bottle - Wide Mouth Nalgene bottle best to start - fit in pack sleeve or have pouch/day pack to carry if hiking
- C. MESS KIT (everything from margarine tub to Sierra Cup to Separates - all in different materials)
 - 1. Materials
 - a. Lexan - light, strong & insulates but pricey, no cook in, hard to mark(ID) & scratches
 - b. Titanium - lightest, strong & can cook in but very pricey and lower insulating
 - c. Aluminum - light & cheap but not strong, hard to clean and not best to cook in
 - d. Steel (thin wall) - light, strong, easy to clean & can cook in but pricey & no insulate
 - e. Enamel Steel - strong, easy to clean & can cook in but heavy & chips
 - f. Plastic - light, easy to clean, insulates & cheap but weak, no good in cold & no cook
 - 2. Styles
 - a. Sierra Cup - 16 oz (8 oz is worthless) great light one piece & hooks on belt but no insulation value, no separate cup & bowl and easy to spill
 - b. Nesting Kits - usually aluminum style - too much bulk, weight and stuff you don't use, hard to clean & easy to loose pieces & parts (same goes for utensil kits)
 - c. Separates - if not a one piece Sierra Cup person, best way to go for utensils (don't need knife) and dishes (Bowl vs. Plate) and straight wall cup (no spill/burn as easy)

V. 1ST AID & SURVIVAL KIT

- A. IN **Small** Zip Lock (Freezer type) with name & # on outside
 - 1. See Scout Book ... Team Up with other Families to Buy expensive 1st Aid supplies:
 - a. Moleskin or Compete Pad, ace bandage, variety of band aides, water purifier tablets, matches & fire starter, tinder, gauze, first aid cream, chap stick, tape, safety pins, needle & thread , small scissors, tweezers, knife (small key chain Swiss Army Knife is great combo of all) bug spray, unscented sun block, whistle & any Rx

VI. Miscellaneous Personal Kits ~ in zip lock bags, (nylon sacks for tent kits ~ can use stuff sack from sleeping bag), etc. large gym bags or back packs not allowed in tents)

- A. **Scout Book**, Book, MB Book ... whatever working on or reading
- B. **Tent Kits** (stuff to take into tent with you if not using a small gym bag that you can take in tent)
 - 1. Small note pad, pencil, penlight, deck of cards, etc.
 - 2. Change of Clothes for the Morning
 - 3. Latrine Kit & Water Bottle
- C. **Garbage Bags** ~ one each, kitchen & leaf sizes, in zip lock bag (boots go in kitchen bag, not in tent)