

Backpacking Information.txt

From: Marty and Rhonda [rhonmart@comcast.net]
Sent: Thursday, May 21, 2009 7:09 PM
To: troop@troop716.org
Subject: Backpacking Information

Troop,

First some basic information. There are many different schools of thought when it comes to backpacking. To keep it simple our troop follows the rules as described and taught during the Philmont high adventure experience. When Scouts hike regularly with Troop 716 they will gain all the basic knowledge needed to satisfy a Philmont ranger. They will know how to care for themselves and their hiking partners; they will gain an appreciation of what not to take and what is needed; and more importantly they will gain confidence in their abilities.

For the upcoming outing the mileage will not be difficult but the terrain is uneven and may be challenging for the inexperienced. We will have ALL DAY to complete 6 or 7 miles and we will monitor the pack weights of the smaller Scouts.

Equipment

Every scout will need the following:

A proper adjustable backpack. A day pack or a school bag will not be sufficient.
A lightweight sleeping bag and pad. A 30 degree bag or lighter will be fine.
Some may even opt for a fleece bag.
Raingear. Even if it looks clear DO NOT FORGET RAIN GEAR.
Personal 1st aid kit. Small items like band aids, wipes, moleskin, etc. We will have a crew first aid kit with appropriate items.
Eating kit. They won't need a full mess kit. A metal or plastic bowl and a spork will be fine. Don't forget a mug!!!
Compass
Survival blanket (Small and usually silver)
Matches or lighter
Personal hygiene. Unscented Wipes, toothpaste/brush, wash clothe, and perhaps a small towel. I personally carry a small roll of TP for those "special times".
Flashlight. Not the huge "D" Cell but a small headlamp from Wal-Mart will be fine.

Clothes

Pair of long pants; pair of shorts; pajamas; fleece or sweat shirt; 2 or 3 tee shirts; 3 pair of socks; hiking boots; camp shoes (tennis shoes are fine) 2 pair of underwear.

NOTE: If it does get cold at night the fleece or sweat shirt with the rain jacket is more than enough.

Packing

BACKPACKS ARE NOT WATERPROOF!!! Even with a pack cover you MUST ensure that you put your clothes and your sleeping bag in a waterproof bag INSIDE the back pack. Think "bags in bags". Personally, I have a waterproof stuff sack and I put my clothes inside large gallon zip lock bags INSIDE the stuff sack. My Sleeping bag is a 30 degree bag and is inside a waterproof compression sack. The bags the sleeping bags come in are usually NOT waterproof.

They can bring a phone but it must be left turned off. NOP IPODS or other music monsters.

They can bring small snacks but they should be prepared to get grief if they don't have enough for everyone!

Over the next two meetings we will be covering all this with the boys.

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WHAT DON'T THEY NEED?

They don't need a stove.

They don't need a tent. Anybody who has one they would like to bring please do but you will be carrying it so make sure it's a backpack tent.

They don't need rope or a bear bag. We will have that.

They don't need a large first aid kit. We have one.

The week after next will be a shakedown. All Scouts going backpacking must bring their backpacks and they will be checked over by the high adventure team.

If you have any questions please don't hesitate to ask.

YIS,

Marty