



SCOUTS BSA
TROOP 373

Personal Camping Gear

What to bring and how to pack



Camping Gear Overview

- ▶ **Necessary Equipment**
 - ▶ Backpack or duffel bag
 - ▶ Sleeping bag
 - ▶ Air/foam mattress
 - ▶ Tent and ground cloth
- ▶ **Clothing**
 - ▶ How many sets to bring
 - ▶ Clothing Materials
 - ▶ The concept behind layering
- ▶ **Packing Techniques**
 - ▶ Keeping everything dry
 - ▶ Packing for accessibility
- ▶ **Sample Packing List**
- ▶ **Links to equipment suppliers**

Necessary Equipment



Backpack or Duffel Bag

- ▶ Backpacks are designed for carrying loads on the back
 - ▶ Pros
 - ▶ Weight is distributed which makes carrying equipment easier
 - ▶ Several pockets makes finding equipment easier
 - ▶ Can be used for camping, hiking, and backpacking
 - ▶ Cons
 - ▶ Hard to find a pack that will fit small bodies yet allow for growth
 - ▶ Internal or external frame packs tend to be heavier than duffel bags
 - ▶ Costs more than other options
- ▶ Choose a backpack if your scout enjoys camping, hiking, and backpacking



Backpack or Duffel Bag

- ▶ Duffel bags are designed to be packed quickly and hold lots of stuff
 - ▶ Pros
 - ▶ Inexpensive
 - ▶ Cons
 - ▶ Typically has a single very large compartment which makes finding things quickly nearly impossible
 - ▶ Hard to carry for long distances
- ▶ Choose a duffel bag if your scout will be camping only occasionally



Backpack or Duffel Bag

- ▶ Day packs will be required on most campouts for
 - ▶ Carrying a small number of items on small day outings including
 - ▶ Water
 - ▶ Lunch
 - ▶ Sunscreen
 - ▶ Raingear
- ▶ Small day packs will help the scouts bring important items with them without having to haul around their backpack or duffel bag



Sleeping Bags

- ▶ Sleeping bags are designed to retain body heat and allow proper ventilation while sleeping
- ▶ The three sleeping bag designs include:
 - ▶ **Rectangle** – This is a basic rectangle and rolls up to about the size of a small car
 - ▶ They are typically summer bags only
 - ▶ The upside of these bags is they provide lots of room for your feet, and can be zipped together
 - ▶ They are often very thick which will help to cushion you from the hard ground
 - ▶ **Barrel** – The barrel sleeping bag is slightly oval shaped, which provides more body warmth
 - ▶ It is roomier than a mummy bag, but does not usually come with a hood like the mummy



Sleeping Bags

- ▶ **Mummy** – The mummy sleeping bag is what you need when camping in cold weather
 - ▶ It tapers as it goes down toward your feet, providing a close fit and therefore trapping body heat
 - ▶ It has a hood that wraps around your head and neck, keeping your body heat inside the bag
 - ▶ The mummy has draft tubes, which are filled fabric strips sewn along the zipper, keeping your bag draft free
 - ▶ The downside is only for those who have claustrophobia and may feel trapped inside this tighter fitting bag.



Sleeping Bags

- ▶ Sleeping bags are filled with two basic materials
 - ▶ Natural Goose Down
 - ▶ Goose down is a top choice for sleeping bag insulation, is extremely light, packs down into a small space and it is durable
 - ▶ Goose down is more expensive than many of the synthetic insulation fill types
 - ▶ The only downside to goose insulation is the fact that it does not insulate well when wet
 - ▶ Synthetic Fill (Hollofil, Polarguard, Quallofil, Primaloft)
 - ▶ Synthetic material is commonly used in backpacking bags because it is light, compact and provides a high insulation value
 - ▶ Most synthetic fill holds its shape well and may be washed, dried and packed for extended periods of time without any significant alterations to the shape and loft
 - ▶ Synthetic fill insulates well when wet



Sleeping Bags

- ▶ Sleeping bags are also rated by the temperatures it will keep someone comfortable
 - ▶ **upper limit** - the highest temperature at which a 'standard' adult man is able to have a comfortable night's sleep without excess sweating
 - ▶ **comfort rating** - based on a 'standard' adult woman having a comfortable night's sleep
 - ▶ **lower limit** - based on the lowest temperature at which a 'standard' adult man is deemed to be able to have a comfortable night's sleep
- ▶ A sleeping bag's rating typically indicates the lowest temperature at which it will keep the average sleeper warm
 - ▶ For example, with a 0° bag, you should be able to sleep comfortably in 0° temperature.



Sleeping Bags

- ▶ Rectangular bags work well in Florida from April to November but mummy bags are recommended for camping during scout season
- ▶ Although there are a few months of freezing nights in Florida, a 0° bag is not necessary
- ▶ There are techniques to keep warm in 0° weather with a 20° bag which the scouts will learn
- ▶ There is no need to spend the extra money on a goose down filled bag



Air/Foam Mattress

- ▶ A mattress is used to insulate the body from ground temperatures and provide support
- ▶ An air mattress is inflated with air to provide insulation
 - ▶ Pros
 - ▶ Air mattresses are more comfortable than any other mattress type since the air provides a cushion from the hard ground
 - ▶ Air mattresses takes up less space when rolled up than a foam mattress
 - ▶ Cons
 - ▶ Air mattresses are more expensive than a foam mattress
 - ▶ Air mattresses are a bit heavier than foam mattresses



Air/Foam Mattress

- ▶ A foam mattress is made of a closed-cell foam
 - ▶ Pros
 - ▶ No need to blow up
 - ▶ Lightweight
 - ▶ Inexpensive
 - ▶ Cons
 - ▶ Does not roll up as tightly as the air mattress
- ▶ Foam mattresses are generally a good value, however, if space in a duffel bag is an issue or if you want extra comfort, buy an air mattress



Tent and Ground Cloth

- ▶ Ground cloths are used either under a tent or air mattress to keep ground moisture away from the body
- ▶ Ground cloths also offer some protection from sticks or rough objects from tearing the bottom of a tent
- ▶ Any ground cloth made of water resistant material is sufficient
- ▶ Ground cloths should be slightly smaller than the bottom of the tent
 - ▶ NEVER allow a ground cloth to stick out from under a tent because water can pool between ground cloth and tent soaking the inside of the tent and its occupants



Tent and Ground Cloth

- ▶ Tents come in a wide variety of shapes and sizes
- ▶ It is important to purchase a tent that is neither too large or too small
 - ▶ A large tent will offer space but will be much heavier to carry and take longer to set up
 - ▶ A small tent may not have enough room for people and equipment but will be light even when wet
- ▶ Select a tent that
 - ▶ Has a minimum number of poles
 - ▶ Is easy for a scout to set up **IN THE DARK**
 - ▶ Has a tent fly that stretches **ALL THE WAY TO THE GROUND**



Clothing



How Many Sets to Bring

- ▶ People typically pack a full set of clothes (shirt, shorts/pants, underwear, socks) for each day they plan to be away – ensuring the correct *quantity of clothing*
- ▶ When camping, it is better to make sure you have a good variety of clothing – ensuring the correct *quality of clothing*
- ▶ For a weekend campout, It is important to have
 - ▶ One pair of pants, shorts, and sweats
 - ▶ At least one t-shirt, long sleeve shirt, sweatshirt, and jacket
 - ▶ Two pairs of underwear
 - ▶ Three pairs of socks
 - ▶ Extra sneakers



How Many Sets to Bring

- ▶ Pants, shorts, sweats, t-shirt, long sleeve shirt, and sweatshirts can all be worn for pajamas and the next day's clothes
- ▶ Having a good variety of clothing helps with layering to stay warm and dry if the weather changes
- ▶ Clothes typically do not get so dirty that they cannot be worn the next day
- ▶ It is important, however, to change into clean clothes at night to keep warm and to keep your sleeping bag clean



Clothing Materials

- ▶ Although plentiful, cotton clothing is the *LEAST DESIREABLE MATERIAL TO WEAR*
 - ▶ Cotton loses its insulating qualities when it gets wet
 - ▶ Cotton takes a very long time to dry when wet
 - ▶ Cotton is much heavier than synthetic materials
- ▶ Wool or synthetic materials are the best materials to pack for any kind of camping or hiking
- ▶ Although cotton jeans are strong and durable, they absorb a lot of water and are very uncomfortable when wet
- ▶ If cotton clothing is all that you have available, pack extra clothing and select the lightest cotton clothes you have

The Concept Behind Layering



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- ▶ Layering is wearing a combination of clothes to regulate your body temperature, so you don't overheat or get cold
- ▶ The system must match the climate conditions you are in, your activity level and your individual thermostat
- ▶ Layers act in unison (to trap heat, wick moisture, breathe, block wind, and repel water) but individually each layer performs specific functions
- ▶ Proper layering is one of the most fundamental concepts in outdoor recreation

The Concept Behind Layering



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- ▶ There are three main layers
 - ▶ **Inner Layer**
 - ▶ The inner layer, also called a base layer, is the first layer of clothing, directly contacting your skin
 - ▶ A base layer should fit snug letting the material quickly wick away moisture from your skin keeping you dry and warm
 - ▶ **Mid Layer**
 - ▶ The mid layer should be a looser fit than the inner layer, but not baggy so that it maintains contact with the inner layer
 - ▶ These materials are designed to trap and hold your body heat in small air spaces in the material; hence, why mid layers can feel lofty
 - ▶ Mid layers are also designed to carry moisture away from the inner layer, moving it from the body and pushing it to the outer layer

The Concept Behind Layering



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- ▶ There are three main layers (cont)
 - ▶ **Outer Layer**
 - ▶ The outer layer acts as a shell (i.e., wind and rain type jackets) to protect you from the elements, while being breathable so your internal moisture can escape
- ▶ For scouts who are acclimated to Florida weather, it may be necessary to add an additional layer between the mid and outer layer (sweat shirt, sweater)
- ▶ It is extremely important to add or remove layers just *before* you get too cold or hot respectively
- ▶ The key is to stay both warm and dry at all times



Packing Techniques



Keep Everything Dry

- ▶ It is imperative that all clothing and equipment remain dry for the duration of a campout (there are no dryers in the wilderness)
- ▶ Personal items will get wet
 - ▶ If it is raining while setting up a tent
 - ▶ If a tent is not set up properly
 - ▶ If clothing is strewn about the inside of the tent
 - ▶ If clothing is not properly stored in plastic bags
 - ▶ Basically, any time a scout goes camping!



Keep Everything Dry

- ▶ To minimize the possibility of things getting wet
 - ▶ Pack all clothes in zip lock bags
 - ▶ Pack all zip lock bags in a large garbage bag and gooseneck the opening of the garbage bag to form a water seal
 - ▶ Do not remove clothes from a zip lock bag until the instant you need the clothes
 - ▶ Do not unroll a sleeping bag until you are ready to crawl in for the night
 - ▶ Do not let your equipment touch the side of the tent



Packing for Accessibility

- ▶ It is important for all similar things to be packed together
 - ▶ Toothpaste, toothbrush, soap, washcloth, brush, ponytail holders all together in one pocket/zip lock
 - ▶ Mess kit, knife, fork, spoon in one pocket/zip lock
 - ▶ Flashlight, batteries, bug repellent in one pocket/zip lock
- ▶ This will make it easier to find equipment quickly
- ▶ It will also minimize the possibility of equipment and clothing from being strewn around the tent (thereby getting wet)

Sample Packing List

Packing List

Health and Safety

- Signed permission slip (collected before trip)
- Medication: labeled and given to First Aider

Basics

- Scout uniform
- Waterproof duffel or backpack
- Small day pack (if day trips are planned)
- Water bottle w/ lanyard (at least 32oz)
- Sit-upon
- Small AA or LED Flashlight with spare batteries
- Plastic bags for wet/dirty clothes

Sleeping Systems

- Waterproof ground cloth
- Insulation layer (closed cell foam pad)
- Sleeping bag (nylon preferred, 30° - 40°)
- Pajamas (two piece)
- Pillow case to be stuffed with extra clothes
- Warm hat (optional)

Eating Equipment

- Unbreakable bowl, plate, cup (mess kit)
- Knife, fork, spoon (unbreakable)
- Mesh bag

Packing List

Toilet Kit

- Toothbrush, toothpaste
- Washcloth, small towel, soap
- Brush, comb, safety pins, ponytail holders
- Tissues, lip balm
- Non-aerosol bug repellent
- Sun block

Optional Items

- Small games such as cards or marbles
- Tent
- 5'-8' length of rope
- Paper, pencil, songbooks
- Compass
- Small first aid kit

Clothing Essentials

- Rain gear: poncho or rain suit, boots, hat
- Jacket, sweater, or sweat shirt
- Bandannas (2)

Changes of Clothing

- Underwear
- Long pants, shorts (preferably not jeans)
- Shirts
- Socks
- Spare closed toed/heeled shoes

Add for Cold Weather Events

- Thermal underwear (preferably not cotton)
- Warm hat (mandatory)
- Mittens or gloves

Packing List

Add for Swimming Events

- Water shoes
- Towel
- Swim suit

For Adults

- Cell phone
- Whistle
- Key, combination, or other access to campsite
- Matches or lighter
- Alarm clock or watch

DO NOT BRING THE FOLLOWING ITEMS

- X Scented soap/lotion/perfume
- X Gum, candy, or soda of any kind
- X Aerosol cans
- X Glass containers (except Rx)
- X One piece pajamas or nightgowns

Links to Equipment Suppliers



Links

- ▶ **CAUTION:** The links provided are for reference only
- ▶ Please research the equipment thoroughly since your scout may use this equipment well into adulthood
- ▶ You may be able to get the same items cheaper at other on-line or brick and mortar stores

Links



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- ▶ **REI** (www.rei.com)
 - ▶ **Backpack** (<http://www.rei.com/product/870881/rei-passage-38-pack-kids>)
 - ▶ **Foam Mattress** (<http://www.rei.com/product/810386/therm-a-rest-ridgerest-solite-sleeping-pad>)
 - ▶ **Air Mattress** (<http://www.rei.com/product/829823/therm-a-rest-prolite-plus-sleeping-pad-womens>)
 - ▶ **Sleeping Bag** (<http://www.rei.com/product/828306/marmot-trestles-30-sleeping-bag-womens>)
- ▶ **Campmor** (www.campmor.com)
 - ▶ **Backpack** (http://www.campmor.com/Product___88118)
 - ▶ **Foam Mattress** (http://www.campmor.com/outdoor/gear/Product___55189)
 - ▶ **Air Mattress** (http://www.campmor.com/Product___40057)
 - ▶ **Sleeping Bag** (http://www.campmor.com/outdoor/gear/Product___43196)