

Camp Out Equipment Checklist

Many of these items may be purchased on sale or at reduced cost at <https://smile.amazon.com/> or www.campmoor.com, www.rei.com or at www.sportsmansguide.com.

Must haves on all trips:

- Hiking boots. Waterproof hiking boots are a must in order to avoid cold, miserable feet and blisters. Buy ½ size bigger to allow room for hiking socks. Note: tight boots make for cold feet.
- Wool or hiking socks: not boy scout socks and NO cotton socks. Use socks that are specially designed to wick off moisture and prevent blistering. Have at least three pairs (remember the saying one to wear, one to air, and one to spare).
- Sleeping bag. A bag rated to keep you warm to 15 degrees weather is a must; many scouts choose a zero degree which is preferred for cold-weather camping. Bags can be left unzipped in warmer weather if they are too hot and better to be warm than cold. For colder weather you can get a sleep bag liner that will increase the temperature 5 to 25 degrees depending on the liner.
- Closed cell foam camp sleeping pad. Insulates against cold and moisture. For more money you can get a self-inflating foam pad. The pads that insulate the sleeping bag from the ground keep you MUCH warmer. Some will have an R-value. You want a pad with a higher rating which indicates the pads ability to retain your body warmth.
- 2 one quart water bottles. (Nalgene bottles are the most dependable).
- Rain gear. Ponchos work okay, but rain pants and a jacket generally work much better since the Scouts are very active. They will keep scouts very dry but can be hot in hot weather when a poncho may be better.
- Warm hat with ear protection. The hat should be fleece or wool, NO cotton. It can get cold at night even when the days are warm so wearing a hat when you sleep will keep the head and ears warm and contribute to warmer fingers and toes because the way body heat is distributed.
- Warm mittens or gloves. Mittens are warmer than gloves, but gloves allow for more movement than mittens. Whichever you decide to get make sure they are waterproof and insulated. If you want to you can get glove liners too. These are very lightweight gloves that you can keep on when you put up a tent or use your hands for some finer work. You can put glove liners under mittens when it gets really cold.
- Mess kit (bowl, cup, fork, spoon, plate (plastic keeps food warmer than metal) and cup).
- Layered clothing (a wicking first layer, medium weight long sleeved warm middle layer (can be several of these to make multiple layers) and finally a protection layer for wind / rain jacket) What works is start with polypropylene underwear (bottom and top) to wick away moisture from the body. Middle layer(s) should be non-cotton sweatshirts, or fleece garments or something to keep you warm. On the top should be something that can block the wind and rain. Lots of options for every layer and better to have too many layers than too few, you can always take a layer off.
 - 100% polypropylene long underwear top and bottom (Required for winter campouts and summer deep-woods backing trips, but recommended year-around for rainy weather and for cold nights & mornings in the summer). Look for 100% polypropylene or silk, NOT the white “waffle pattern” cotton

- blend sold in boys departments. A men's small will allow smaller scouts room to grow and should last for the duration. (notice the theme of NO cotton!)
- Wool sweater or polyester sweatshirt or fleece jacket. Layers of clothes help keep you warm.
 - Windproof and waterproof jacket
 - Underwear – at least 3 pairs and more for longer non-backpacking trips.
 - 2 Long sleeve shirts (wool or synthetic fiber for insulation and quick drying)
 - 2 short sleeve shirts (at least)
 - Extra pair of pants (non-cotton preferred)
 - Flashlight (light weight with extra batteries is best)
 - Matches / fire starter
 - Personal First Aid Kit (see Boy Scout Handbook for details)
 - Pen and pocket notepad
 - Suntan lotion
 - Large lawn/plastic bags to store wet stuff so the dry stuff doesn't get wet and to store dry stuff when it is wet.
 - Large Ziploc bags to keep socks and other stuff dry
 - Scout handbook. The scout book covers seem like a luxury, but may be worth the small investment after a couple of soggy weekends and loose pages. It is a good idea to periodically copy/ scan the signed advancement pages in case a book gets lost or destroyed.
 - Good quality whistle on neck chain
 - Clean-up kit (small hand soap, travel toothpaste, toothbrush and case, comb, floss, small towel)
 - Toilet paper (half a roll in a zip lock bag)
 - Compass with a base-plate
 - Pocket knife for scouts who have earned the totin' chip
 - Duct tape
 - Something to carry it all in. Ideally a backpack to make it easy to carry to / from the campsite. It will also prepare the Scout for our backpacking trips. For backpacks you can get either an internal or external frame for backpacking trips (or to look cool on regular campouts). Backpacks must be the right size for the person. Too big or too small of a backpack is uncomfortable. Adjustable size backpacks with a hip belt are best for Scouts. REI and Eastern Mountain Sports do a good job fitting scouts for backpacks.

You could also use a duffel bag without wheels and that can be easily carried to / from the campsite. Duffel bags with wheels are not a good idea since they get heavier and the scouts often have to carry them places where wheels will not roll.

Optional Items

- Shorts (non-cotton preferred and weather permitting)
- Sleeping Bag Liner
- Day backpack
- Watch
- Nylon Cord
- Repair Kit
- A pillow (if you need one)
- Sunglasses (if you need them)
- Down vest (men's small fits most young boys with room to grow). Allows for effective layering and easier to manage than bulky winter coats. Warm – but useless if it gets wet.
- Sock liners for under the thermal, wool or hiking socks. Sock liners are great for hiking to reduce the potential for blisters. Note: if sock liners are too small and too tight they can cut off circulation and make you colder so get them the right size if you use them
- Towel and shower gear (if applicable)
- Bathing suite (if applicable)
- The BSA Field book
- Lip Balm

Cold Weather Clothing

Ski shops are good places to get good cold weather clothes. It is important to change all of your clothing at least twice a day when you are in cold weather. NEVER sleep in the clothes you wear during the day. Clothes retain moisture and will eventually make you cold.

- Insulated mittens and glove liners
- Additional fleece layers

- Warm Winter coat that is rain proof
- Gaiter for neck protection or insulated hood for coat (even better, both!)
- One pair of nylon or fleece pants (good idea to have another to wear over the first pair or for a spare)
- Ski pants, nylon warm-ups, insulated bib-pants or wind breaker overalls (to go over the fleece pants for added warmth)
- Thermal socks and silk or polypropylene liners; Include one pair of socks ONLY for sleeping
- A pair of waterproof, insulated winter boots, preferably high ones to keep the snow out.
- Fleece hat with face mask
- Warm clothes and socks to be used ONLY for sleeping
- Goggles (optional for windy conditions)
- Scarf