

RECOMMENDED GEAR FOR WEEKEND CAMPING (Detailed information in following sections)

Recommended Camping Equipment List:

- Tent 1-4 person with full rain fly
- Tent footprint or ground tarp (cut to fit tent bottom)
- Foam Sleeping Pad
- Sleeping Bag
- Sleeping Bag Liner or Fleece blanket (as needed for cooler weather)
- Sheet (as needed for warmer weather)
- Pillow (optional)
- Personal Clothing (pack at least one complete change, appropriate for the weather)
- Rain Gear - Poncho, rain jacket, or optional full rain suit
- Appropriate footwear (waterproof if possible) - pack an extra pair
- Hat (toboggan for cold nights)
- Personal Camping Gear:
 - Toiletries
 - First Aid Kit
 - Trailman's Handbook
 - Flashlight or Head Lamp with extra batteries
 - Pocketknife (if he has one)
 - Waterproof bag (optional use trash bag)
 - 2 Trash bags (to be packed and used as needed)
 - Canteen or water bottle
 - Stuff sacks (optional)
- Individual Medications (Check in with leader at sign-in)

Note: Please write the Trailman's name on EVERYTHING. Many items look alike.

Shelter Details

Tent

- One or two man for year round camping (three season tent), packable with stuff sack
- Full rain fly or vestibule area is a plus for gear and dry area for wet gear in the rain
- Ground tarp or a "footprint" for tent to be set up on separating tent floor from ground.
- A quality tent will last him for many years and a cheap tent will cause your son problems. A tent with metal poles is preferred to a tent with fiberglass poles since fiberglass poles tend to break much easier especially in cold weather.
- No cabin or family style of tents. These tents are too big.
- Make sure the Trailman knows how to put it up and that he can put it up himself. The adults will help if needed but each Trailman should know how to set up his own tent not only in day light conditions but at night with a light as well. Have him practice at home or at a Troop meeting before he takes it out for the first time.

Notes: A ground tarp or tent footprint keeps moisture from the ground from leaching up into the tent and making everything damp and clammy. A footprint made for the tent is ideal as it will fit the bottom of the tent exactly. A ground tarp should be cut to fit so that no part of the tarp extends outside the sides of the bottom of the tent.

Bedding Details

Sleeping Mat [Required]

- Packable (some roll up, some fold) closed cell foam recommended.
- Inflatable type with foam enclosed adds another barrier against environment and temperatures (example: Thermarest) but are more expensive.
- No air mattresses such as inflatable rafts. In cold weather the ground will cool the air inside, drawing heat away from the person.
- Added comfort for sleeping

Notes: The sleeping mat insulates the Trailman from the ground temperature (cold), and provides a little extra padding. In winter months, this is particularly important as the ground can sap the heat from the Trailman's sleeping bag if a mat is not used.

Sleeping bag [Required]

- Stuff or compression type
- For general camping, use a synthetic fill rather than down, with a nylon shell and liner. Nylon is more durable, and when down gets wet it does not retain warmth.
- Recommended Rating for temperatures down to 30 degrees
- Fleece Sleeping bag liner for colder temperatures
- Optional: Fleece blanket can be used in place of sleeping bag liner
- Sheet for warmer weather sleeping on top or in open sleeping bag

Notes: Camping sleeping bags generally come in two types – down and synthetic. This refers to what is used to fill the sleeping bag to keep you warm. Down is lighter and warmer which is great if you are backpacking. The downside to down is that if it gets wet, it loses all of its ability to keep you warm. Synthetic sleeping bags are a little heavier but they retain their heat when they get wet.

Sleeping bags also come in three different styles – mummy bags, rectangular bags and hybrid bags. Mummy bags are small at your feet, flair up around your shoulders, and have a draw string which will enable you to close up the bag around your head till basically the only thing showing is your nose. It's very warm but it can be restricting. A rectangular sleeping bag is simply a long rectangle. It's less binding but it's also not quite as warm. You will occasionally see a hybrid sleeping bag. These bags tend to be rectangular sleeping bags that also have a drawstring that will come up around your head like a mummy bag.

If you have the financial resources available, it is ideal to have 2 sleeping bags: One to use in winter (30 degree or lower bag), and another to use in warmer months (50 degree bag).

Pack for the campout:

- Always pack at least 1 full change of clothes for every campout:
 - Shirt (Travel or Trail shirt preferred)
 - Hoodie (if not already wearing it)
 - Long Pants (at least 1 pair of long pants due to variations in the weather)
 - Shorts (as appropriate for the weather)
 - Socks - 3 extra pairs (a change of socks before bed and in the morning)
 - Extra pair of shoes
- Coat/Jacket (if not already wearing it)
- Rain Jacket or Poncho (if not already wearing it) or optional full rain suit (jacket and pants) which provides the best protection.
- Sunglasses (optional)
- Hat (Toboggan - if not already wearing – a must for sleeping in cold weather!)

Notes: Remember that your Trailman will be living outside for the duration of the camping trip – usually over the weekend. Keeping warm and dry is a must, so appropriate clothing is very important. Check the weather forecast before all camping trips. ALWAYS pack assuming it will rain (which may happen even if not in the forecast).

Pack the things the Trailman will need to access *first* on top of your bag. A flashlight and poncho should always be within easy reach because it may be dark and raining when he arrives at camp.

Camping Gear Websites:

<http://www.campmor.com/>

<http://www.ebay.com>

<http://www.amazon.com>

<http://www.sportsmansguide.com/>

Tent Info

http://www.campmor.com/outdoor/gear/CustomerServiceContent_tentinfo

Backpack Info

<http://outdoors.campmor.com/internal-vs-external-frame-backpack/#fbid=3nYQnrCCXOa>