

## Backpacking Comfort Tips

### YOUR BACKPACK:

- Backpacks come in different styles and sizes—a frame pack with outside pockets, padded shoulder straps and hip belt is recommended. Make sure it fits properly and comfortably when it's fully loaded.
- Consider renting a pack from Alabama Outdoors for your son's first few backpacking trips. The Troop also has a few packs available to borrow free of charge.
- **DO NOT OVERPACK!!** Your full backpack should weigh no more than 20% of your total body weight. Remember that you will also be responsible for packing your share of your patrol's food/trash. (your weight in pounds) X .20 = maximum weight in pounds of your packed pack
- If your pack does not have a rain cover, you can improvise with a large heavy plastic garbage bag. Packing your items in large ziplocs then into your pack will also help keep things clean and dry.

### CARE OF YOUR FEET:

- Make sure your toenails are trimmed properly (not too short)
- Wash your feet and dry them before putting on socks
- Wear two pairs of socks to prevent blisters and to wick moisture away from your feet – the first pair should be thin, liner socks (silk or synthetic), the second pair should be thicker outer socks (wool or synthetic blend, like SmartWool)
- Wear a pair of well broken-in boots with ankle support and thick sole that doesn't flex like tennis shoes. **DO NOT WEAR BRAND-NEW BOOTS ON A HIKE!**
- Upon reaching camp, take off your boots and both pairs of socks and put on clean, dry socks and sneakers or camp shoes to give your feet a rest. (Crocs make terrific camp shoes)
- When breaking camp and beginning to hike again, take off your camp shoes and socks and put on two clean, dry pairs (liners and outer ones) then your boots.

### BARE NECESSITIES:

- Nature WILL call when you are away from modern facilities! Be prepared with a folding trowel to dig cat-holes. Bring along a roll of bathroom tissue that is about ½ to ¾ gone. You can squeeze this to flatten it so that it will fit into pack better than a full, double roll of TP. Baby wipes are also a nice comfort.
- Remember that you must pack out ALL trash so bring a separate Ziploc for this refuse. ☺

### KEEPING WARM DURING THE DAY:

- Don't wear a heavy winter coat
- Dress in layers – wear an undershirt, a long-sleeved shirt, one or two sweatshirts/hoodies and jacket/light coat. As you warm up, you can remove layers.

### KEEPING WARM DURING THE NIGHT:

- Use a warm, winter weight sleeping bag and liner. Make sure to insulate underneath you, too, because most heat escaped through the bottom of the bag into the ground.
- Use a foam sleeping pad for comfort and warmth since it helps block the heat escape too – a non-insulated air mattress is NOT recommended for cold weather because air in the mattress will remain as cold as the ground and will make you cold.
- NEVER wear the same clothes at night that you wore during the day. They are damp with perspiration and it will make you VERY cold at night. ALWAYS change into dry clothes, underwear, and socks before bedding down.
- Wearing a hoodie and/or knit hat will help retain heat lost through your head.
- If it is particularly cold, fill your Nalgene with hot water (be sure to tighten the camp!) and place in your sleeping bag to pre-warm it.
- You can also place your clean, dry clothes for the morning in your bag so that they are warm to change into.

## **THINGS NOT TO BRING ON CAMPING TRIPS - ever**

- Clothing with words and/or symbols not consistent with Scouting principles
- Cell phones, iPods, iPads, electronic games, and other electronic devices
- Aerosol spray cans of any kind (including deodorant, insect repellent, hair spray, paint, etc.)
- Hunting and sheath knives
- Sling shots, Guns and ammunition, Paintball guns, Bows and arrows, & other weapons
- Lighters, candles and candle lanterns
- Pressurized (liquid fueled) lanterns and equipment
- Fireworks, Gasoline, kerosene, and other liquid fuels
- Cigarettes, dip, and other tobacco products
- Beer and other alcoholic beverages
- Illegal drugs and controlled substances
- Bicycles, scooters, skateboards
- Liquid or gel hand sanitizer

[SUGGESTED PACKING LIST ON FOLLOWING PAGE]

# BACKPACKING PACKING LIST

## CLOTHING

- Hiking boots
- Extra shoes/camp shoes
- Class A uniform
- Class B shirts
- Shorts
- Clothes to sleep in
- Thermal underwear (2 pair for cold weather – 1 for day, 1 for night)
- 1 extra change of clothes (# of days +1)
  - Long-sleeved shirt
  - Long pants
  - Hiking socks
  - Sock liners
  - Camp socks
  - Underwear

## OUTERWEAR

- Knit hat/toboggan
- Gloves/mittens
- Jacket, sweater, hoodie
- Rain gear/poncho

## PERSONAL ITEMS

- Pocket knife – NO sheath knives
- Totin' Chip card
- Toiletries
  - Camp-safe soap
  - Toothbrush
  - Toothpaste
  - Baby wipes
  - A&D ointment/anti-chafing cream
  - Powder (Gold Bond)
  - ½-¾ toilet paper roll
- Camp towel/washcloth

## BEDDING

- Sleeping bag

## CAMPING GEAR

- Headlamp/flashlight with extra batteries
- Mess kit with utensils
- Water bottle or Camelback
- Sunscreen (NON-AEROSOL)
- Insect repellent (NON-AEROSOL)
- Chapstick
- Boy Scout Handbook
- Notebook and pens/pencils
- Personal 1<sup>st</sup> Aid Kit
- Folding trowel/folding shovel
- Backpack
- Pack cover or large garbage bag
- Emergency whistle

## OPTIONAL ITEMS

- Camp pillow
- Sleeping bag liner
- Ground pad
- Compass
- Nylon cord
- Sunglasses
- Watch
- Brimmed hat
- Camp stool/situpon
- Playing cards