

## General Camping Guidelines

### Sign-Up

All sign-ups (for Troop trips – not High-Adventure) are due the Wednesday before any trip. If you must cancel after this, you will forfeit payment. Sign-up is confirmed with payment.

### Trip-Specific Info

An email will be sent ahead of any trip with information specific to that trip – departure times, what to pack, etc. Please look for an email(s) on the anticipated return day with information about return & pick-up times.

### PACKING ESSENTIALS

Something to sleep in, something to eat/drink with, things to wear, something to carry it all in.  
(sleeping bag, mess kit/plastic plate, utensil, & cup, clothes, backpack/duffle)

**Pay attention to weather forecasts for YOUR DESTINATION and pack accordingly.**

### 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

# TENT CAMPING PACKING LIST

## CLOTHING

- Hiking boots
- Extra shoes/camp shoes
- Class A uniform
- Class B shirts
- Shorts
- Swimsuit
- Clothes to sleep in
- Thermal underwear (2 pair for cold weather – 1 for day, 1 for night)
- Daily 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
- Thin Beach towel

## 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
- Shower shoes
- Compass
- Nylon cord
- Sunglasses
- Watch
- Brimmed hat
- Camp stool/situpon
- Playing cards