

T787 Gear Guide



Gear information -Items to think about

Backpack (internal and External Frame Styles) - size for your scout sleeping bag (winter 15-20 Degree and Summer 40-50 Degree) Tent (Backpacking Style 1-2 person 4-7 pounds)
Rain Jacket, Synthetic Fleece, Hat, Gloves, Wool blend Socks and Underwear, Boots and Trail shoes, Long underwear, Headlamp, Water Bottles, Knife, Eating Utensils, Sleeping Pad
Stoves and Water Purification, Pots (by Patrol)

NOTE: Cotton is not a good fabric for hiking and camping

Some Brands to think about:

The North Face, REI, Columbia, MSR, Mountain Hardwear, Patagonia, Gregory, Kelty, Deuter, Osprey, Camelbak, Nalgene, Outdoor Research, Sierra Designs, Therm-O-Rest, Princeton Tee, Petzel, Hennessey Hammock... (There are more companies and brands _just ask around and search the web)

Some Good Sources of Information and Gear

TravelCountryOutdoors (www.travelcountry.com/)

Altrec (www.altrec.com)

Back Country (www.backcountry.com)

Sierra Trading Post (www.sierratradngpost.com }

Bass Pro Shops (www.basspro.com)

REI (www.rei.com)

Campmor (www.campmor.com)

Alps Mountaineering: <http://www.alpsmountaineering.com/>

Last Word

The needs of your Scout change as their interests change. The goal in equipment is to provide a good set of gear that meets your current needs and the budget. Second hand gear is a good idea. It is better to get good quality that will last for years in the core items like Tents and Sleeping bags etc. Target, Wal-Mart etc, are not your best choice for these core items.

Some Essentials for Staying Warm While Cold-Weather Camping

The three W's: Every cold-weather camper needs to dress for the occasion. You'll need a wicking layer (long underwear), a "warm" layer (fleece), and a "wind" layer (waterproof shell).

Bundle up! It might be a phrase often heard from your mother, but mom is right about this one. If you're moving around outdoors in the cold and suddenly stop to eat lunch or take a break, put your warmer layers on—even if you're not cold. This change in activity will cause your body heat to plummet. Preempt the cold with an extra layer.

Fuel the fire. Feeling cold? Eat a snack. Staying warm is just like keeping a fire burning; every fire needs a steady supply of slow-burning fuel. Unlike a fire, your body will also need lots of water to help digest food and stay hydrated.

Baggy clothes are back in style—at least in the freezing-cold wilderness. Your body heats itself most efficiently when it's enveloped in a layer of warm air. If your clothes are too tight, you're strangling the cold right out of your body. Dressing in loose layers helps aid this convection layer of air. Tight clothes or too-tight boots can also restrict blood-flow.

Layered Clothing System

Select the proper type and amount of clothing. Regulate your clothing according to your activity rate. This is the most effective way to ensure comfort. Pay attention to your bodies' signals. Don't wait until you are cold to put on more clothing. Act when you first begin to feel cooler.

Clothing layers:

- Long, thermal underwear. Polypropylene, Silk (No Cotton)
- Shirt or inner layer
- Sweater, light jacket
- Wind or rain gear
- Inner pants wool, wool blend, Synthetic fabric
- Wind or rain pants
- Wicking inner socks polypropylene
- Insulating socks wool or wool blend
- Boot liners insulated insoles
- Footwear, boots waterproof, trail runners (water proof, ie: Gore-tex)
- Head coverings, Ski cap
- Gloves and mittens
- **Avoid Cotton clothing and cotton blends**

Sleeping pads

Check this site: <http://www.backpacker.com/gear-guide-2013-sleeping-pads/gear/17407>

Sleeping pads provide 2 vital benefits: **cushioning** and **insulation**. Cushioning might seem like a pad's most useful function, but often more important is its ability to insulate your body from cold surfaces. This article helps you find the best sleeping pad for your needs.

- **Self-inflating Pads** like **Therm-o-rest**, **Big Agnes** and this style provide the best size/weight to warm/comfort
- **Foam Pad** These basic backpacking pads feature dense foam filled with tiny closed air cells.

Sleeping Bags for Backpacking:

Check this web site <https://www.backpacker.com/gear/sleeping-bags>

A sleeping bag purchase can be boiled down to these 3 elements:

- Temperature rating: Choose a bag rated for the coldest temperature you expect to encounter. The rating is often part of the bag's name, such as the Men's REI Lumen +25 bag (rated to a minimum temperature of +25°F). Thanks to the EN standard, described below, this rating is now a highly reliable measurement.
- Weight vs. roominess: When backpacking, you want to keep weight low without jeopardizing comfort or safety. For some, low weight overrides all other concerns (comfort, durability, convenience, price). For others, weight is less important than having a roomy bag for a good night's sleep. Most bags try to strike a balance between these extremes.
- Type of insulation: Your main purchasing decision is between the types of fill: down, synthetic and the new water-repellent down. Goose-down fills are very light, compressible, durable and breathable. While initially more expensive, they offer great long-term value. Synthetic fills excel in damp, cold conditions and have less sticker shock up front. They are slightly heavier and less compressible than down. Water-repellent down (e.g., DriDown™) is goose down treated to resist moisture, the Achilles heel of regular down.

Tents and Backpacking

Check this web site for information <https://www.backpacker.com/gear/tents>

This is an area of personal choice more than any other in scouting. Some basic thoughts and requirements:

- Weight: you should look at a 4-5.5 pound tent as the goal for back packing
- Size: a two person tent is the standard for scouting if so look for 2 doors and 2 vestibules
- Poles from aluminum are best for back packing they are lighter and stronger then fiberglass style
- Shape: Wedge and Dome are the most common and you just need to see what you like to get in and check out
- You will want a 3 season tent for the camping that is most typically done in Florida and with the troop

Backpacking Stoves: How to Choose

Check this site: <https://www.backpacker.com/gear/stoves-and-cookware>

Backpacking stoves are light, reliable and support the Leave No Trace ethic. In many backcountry areas, open fires are prohibited due to forest-fire danger or the scarcity of available firewood, so a stove is your only option. The main decision will be between the 2 broad stove categories: **canister fuel vs. liquid fuel.**

Here are some quick recommendations:

Activity

Summer backpacking
Winter or high-elevation use
To boil water only
Ultralight backpacking
Large groups
"Gourmet" camp cooking

Recommended Stove Type

Canister or integrated stove system
Liquid-fuel stove
Integrated stove system (canister)
Canister or alternative-fuel stove
Liquid-fuel stove
Any model with flame control and a stable base

Backpacks

Check this site: <https://www.backpacker.com/gear/backpacks>

Do not spend a lot on your first backpack, your scout will grow and their interest will vary over the years to come! You have a lot of choices in the area, style, size and brand!

Two main types/styles:

- External Frame: This is the oldest and normally least expensive to start with for a scout
- Internal Frame: This is the most common and will provide the most range of options and features

Backpack cover: All packs need a waterproof cover, if it rains your stuff gets wet without a cover

Look for a size that will fit your scout, have a pack fitting done! Many packs are adjustable as well so they will grow with your scout. Look for a pack that will hold a hydration system as water is the key!

Check this web link: <http://www.outdoorgearlab.com/Backpacks-Backpacking-Reviews>

And <https://www.backpacker.com/gear>

Some Sites to look at in buying Gear:

- Travel Country (on 436): <http://www.travelcountry.com/>
- Altrec: <http://www.altrec.com/>
- REI: <http://www.rei.com/>
- Campmor: <http://www.campmor.com/>
- Sierra Trading Post: <http://www.sierratradingpost.com>
- Alps Mountaineering: <http://www.alpsmountaineering.com/>
- Register at www.hikerdirect.com for scout discounts on Alps Mountaineering.
- Back Country: www.backcountry.com