

Troop 90 Gear Recommendations

The basic equipment a new scout needs is as follows:

Backpack: A good quality backpack is a necessary item. There are several types, but we recommend a basic external frame pack that fits.

Sleeping Bag: A good quality, lightweight sleeping bag is very important. It must be lightweight and able to go into a small stuff sack.

Sleeping Pad: To insulate from the cold ground while sleeping.

Mess Kit: There are kits available, but all one really needs is an unbreakable bowl, a sturdy drinking cup, and a spoon.

Scout Outdoor Essentials: (Sometimes called the 10 essentials, although, there are more than 10... a must even for day hikes).

Pocketknife: Small pocketknife with a can opener, screwdriver, and one or two small blades.

First-Aid Kit: Basic individual First-Aid Kit (bandages, Neosporin, moleskin, etc., to manage small cuts and scrapes).

Extra Clothing: Dress in layers to adjust for temperature and activity.

Rain Gear: A rain poncho or light rain jacket (invest in quality nylon gear, vinyl will usually not work effectively, does not last, and is heavy).

Flashlight: A small flashlight.

Trail Food: Snacks for the trail, no chocolate.

Water Bottle: Two plastic bottles or water bladder.

Matches and Fire Starters: Ziploc bag with strike anywhere matches and cotton balls will suffice.

Sun Protection: Guard exposed skin with sun block; a wide brimmed hat and sunglasses help as well.

Map & Compass: Carry so you don't get lost.

Signaling Device: A whistle and a mirror.

Any questions on gear selection, best place to purchase, or other questions, call Scoutmaster Chris Friedmann @ (925)634-5590

Troop 90 Backpacking Gear Checklist

Backpack
Sleeping Bag
Sleeping Pad
Ground Covering
Rain Gear = Poncho or Jacket
2 Pairs Socks & Underwear
Extra Shirt & Pants
Sweat Shirt & Pants or Long Underwear
Wide Brimmed Hat & Beanie
Flashlight
Water Bottles
Matches in Waterproof Container
Mess Kit & Utensils
Mountain Money (Toilet Paper)
Toothpaste & Toothbrush; Soap
Towel & Washcloth
Pocket Knife
Compass & Map
Camp Shoes
Garbage Bags - 2
Personal First-Aid Kit
Whistle & Signal Mirror
Personal Snacks (Trail mix, Power Bars, etc.)
Food provided by Patrol
Sun Protection - Sunscreen & Sunglasses
Optional: Fishing Gear
Optional: Frisbee/Football
Optional: Binoculars
Optional: Cards/Games
No Electronic games/toys/entertainment devices of any sort. Nature will provide the entertainment!