

Preparation for 1st Overnighters

1. Pre-planning

1. Where are you going?
2. What time of year is it?
3. Have you been there before?
4. Research the facilities.
5. Patrol leader council meeting.(plans the outdoor activie)

2. Planning for the trip.

1. Roster of boy's going. (What is the age of the boys you are taking?)
2. Medical release
3. Permission slip
4. Tour permit
5. Drivers needed
6. Budget for the trip
7. Reservations needed
8. Emergency contact person. (this is the person at home who can get hold of you if there is a problem of any kind.)

3. Gear

1. Car camp
2. Backpacking-How many miles are you planing to do.
3. First aid kit –personal
4. First aid kit- Troop/ Pack
5. Twelve Essentials

4. Campout menu

1. Car Adults
2. Car Boys
3. Backpack Adults
4. Backpack Boys

5.What to do when you are at the campout.

1. Camp fire program
2. Outdoor planning sheet
3. Campout cooking advancement
4. Whip and fuse
5. Local poisonous plants
6. Buddy system
7. Compass course
8. Knots
9. Pioneering (Build some thing out of logs and rope.)
10. Fire building and fire safety
11. Knife safety
12. Cook off adults vs. boys

13. Camp games

14. Have fun-safe fun

Try the skills you are going to do at home first and work out all the problems before you go.

CAMP OUT ROSTER

CAMP OUT: _____

DATE OF CAMP OUT: _____

| | YOUTH'S NAME | PERMISSION SLIP | GAS MONEY | SPECIAL FORM | ADULT LEADERS |
|----|--------------|--------------------|--------------|-----------------|------------------|
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BSA Troop 234
ACTIVITY PLAN

When: _____

Where: _____

Special Notes: _____

Meet at _____

We expect to return: _____

When we return, the drivers will either take the Scouts to their own homes or call parents/guardians to pick up the Scouts from the Driver's home.

GAS FEE FOR THIS TRIP IS _____ DOLLARS
TAKE THIS AMOUNT FROM MY SCOUT ACCOUNT YES NO

SAVE THIS PORTION FOR YOUR REFERENCE

====Cut Here=====Cut Here=====

RETURN THIS PORTION TO THE TROOP

APPROVAL TO ATTEND ACTIVITY

Scout's Name: _____

Has approval to attend the following BSA Troop 234 activity:

When: _____ Where: _____

We need adult leaders and drivers. Please indicate if you can:

_____ Drive both ways and participate in the activity.

_____ Drive to activity only.

_____ Drive home from activity only.

_____ Number of passengers, excluding driver (Seat-belts required).

Approval indicates that all claims against the leaders of the trip, officers, agents, and representatives of the Boy Scouts of America and their sponsors are waived.

Parent / Guardian Signature _____ Date: _____

GAS FEE FOR THIS TRIP IS _____ DOLLARS
TAKE THIS AMOUNT FROM MY SCOUT ACCOUNT YES NO

LOCAL TOUR PERMIT APPLICATION

FOR TRIPS AND CAMPS UNDER 500 MILES

LOCAL PERMIT NO. _____ DATE ISSUED _____

This application must be filed with local council service center two weeks in advance of scheduled activity for proper clearance. It is used for trips of less than 500 miles. If destination is 500 miles or more one way or outside the U.S.A. (local council camp excepted), use National Tour Permit Application, No. 4419B. If backcountry trip, be sure to know BSA Wilderness Use Policy.

Type of unit No. _____ Town _____ District _____ hereby applies

for a permit and submits plans herewith for a trip from _____, 20____, to _____, 20____.

Give itinerary if tour; or destination if camp, including route description for reaching campsite (for long trip attach map indicating route and overnight stops):

Type of trip: One day Touring camp Short-term camp Long-term camp (Furnish copy of program and menus.)

Activity Standards: Where swimming or boating is included in the program, Safe Swim Defense, No. 34370A, and/or Safety Afloat, No. 34368B, standards are to be followed. If climbing/rappelling is included, then Climb On Safely, No. 3206 (which recommends the American Red Cross's standard first aid and When Help Is Delayed or equivalent course), must be followed.

One adult in the group must be trained as outlined:

| NAME | AGE | SAFE SWIM DEFENSE EXPIRATION DATE | SAFETY AFLOAT EXPIRATION DATE | CLIMB ON SAFELY DATE TAKEN |
|------|-----|-----------------------------------|-------------------------------|----------------------------|
| | | | | |
| | | | | |

At least one person must be trained in CPR from any recognized agency for Safety Afloat and Climb On Safely.

| NAME | AGE | CPR TRAINING | AGENCY | EXPIRATION DATE |
|------|-----|--------------|--------|-----------------|
| | | | | |
| | | | | |

Mode of transportation: Car RV Van Bus Boat Canoe Train Hiking Truck Other _____

(The beds of trucks and camper trucks are approved for equipment only—passengers are allowed only in the cab.)

Tour will include _____ youth and _____ adults. Have parents' approvals been secured? _____

It is the tour leader's and unit committee member's understanding that all drivers, vehicles, and insurance coverages will meet the national requirements as listed on the reverse side of this application.

Leadership and personnel: Boy Scouts of America policy requires at least two adult leaders on all camping trips and tours. Coed Venturing crews must have both male and female leadership. The adult leader in charge of this group must be at least 21 years old.

Youth Protection Training:

- All registered adults participating in any nationally conducted event or activity must have completed the BSA Youth Protection Training.
- At least one registered adult who has completed BSA Youth Protection Training must be present at all other events and activities that require a tour permit.

Tour leader's name _____ Age _____ Phone _____

Address _____

I have in my possession a copy of Guide to Safe Scouting, No. 34416B, and have read it. _____

Assistant tour leader's name _____ Age _____ Phone _____

Address _____

Signed by member of unit committee _____

Signed by tour leader _____

RETAIN IN COUNCIL SERVICE CENTER

OFFICIAL LOCAL TOUR OR CAMP PERMIT BOY SCOUTS OF AMERICA

This permit should be in the possession of group leader at all times and displayed when requested by Scouting officials or other duly authorized persons.

Permit issued to _____ No. _____ Town _____

Name of tour leader _____ Age _____ Address _____

Name of tour leader _____ Age _____ Address _____

Permit covers all travel between _____ and _____

Dates of trip from _____, 20____, to _____, 20____

Total youth _____ Total adults _____

This group has given the local council every assurance that they will conduct themselves according to the best standards of Scouting and observe all rules of health, safety, and sanitation as prescribed by the Boy Scouts of America and as stated in the Pledge of Performance on the reverse side of this permit.

Local Permit No. _____
Date Issued _____

Council Stamp

Not official unless council stamp appears here.

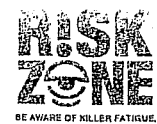
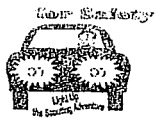
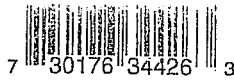
These spaces are for the signatures and comments of officials where the group camps or stays for one night or more. Signatures indicate that the cooperation and conduct of the Cub Scout, Boy Scout, Varsity Scout, or Venturing group were satisfactory in every way.

| Date | Place | Signature | Comment |
|------|-------|-----------|---------|
| | | | |
| | | | |
| | | | |

Council name and address _____

Council phone no. _____

Signed for the council _____



INSURANCE

All vehicles **MUST** be covered by a public liability and property damage liability insurance policy. The amount of this coverage must meet or exceed the insurance requirement of the state in which the vehicle is licensed. (It is recommended, however, that coverage limits are at least \$50,000/\$100,000/\$50,000 or \$100,000 combined single limit.) Any vehicle carrying 10 or more passengers is required to have limits of \$100,000/\$500,000/\$100,000 or \$500,000 combined single limit. In the case of rented vehicles the requirement of coverage limits can be met by combining the limits of personal coverage carried by the driver with coverage carried by the owner of the rented vehicle. All vehicles used in travel outside the United States must carry a public liability and property damage liability insurance policy that complies with or exceeds the requirements of that country.

| KIND, YEAR, AND MAKE OF VEHICLE | NUMBER OF PASSENGERS | OWNER'S NAME | DRIVER'S LICENSE NUMBER | WILL EVERYONE WEAR A SEATBELT? | PUBLIC LIABILITY INSURANCE COVERAGE | | |
|---------------------------------|----------------------|--------------|-------------------------|--------------------------------|-------------------------------------|---------------|-----------------|
| | | | | | PUBLIC LIABILITY | | PROPERTY DAMAGE |
| | | | | | Each Person | Each Accident | |
| | | | | | \$ | \$ | \$ |
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The local council may allow a list of the above information to be attached to the permit in order to expedite the process. Each unit may circle the names of the drivers for an event or an activity.

TRANSPORTATION

- You will enforce reasonable travel speed in accordance with state and local laws in all motor vehicles.
- If by motor vehicle:
 - Driver Qualifications:* All drivers must have a valid driver's license and be at least 18 years of age. Youth Member Exception: When traveling to an area, regional, or national Boy Scout activity or any Venturing event under the leadership of an adult (21+) tour leader, a youth member at least 16 years of age may be a driver, subject to the following conditions: (1) Six months' driving experience as a licensed driver (time on a learner's permit or equivalent is not to be counted); (2) no record of accidents or moving violations; (3) parental permission has been granted to leader, driver, and riders.

b. If the vehicle to be used is designed to carry more than 15 persons (including driver) the driver must have a commercial driver's license (CDL).

Name: _____

C.D.L. expiration date _____

- Driving time is limited to a maximum of 10 hours and must be interrupted by frequent rest, food, and recreation stops.
- Seat belts are provided, and must be used, by all passengers and driver. Exception: A school or commercial bus.
- Passengers will ride only in the cab if trucks are used.

OUR PLEDGE OF PERFORMANCE

- We will use the Safe Swim Defense in any swimming activity, Safety Aloft in all craft activity on the water, and Climb On Safely for climbing activity.
- We will use trucks only for transporting equipment—no passengers except in the cab. All passenger cars, station wagons, recreational vehicles, and cabs of trucks will have a seat belt for each passenger.
- We agree to enforce reasonable travel speed (in accordance with national, state, and local laws) and use only vehicles that are in safe mechanical condition.
- We will be certain that fires are attended at all times.
- We will apply for a fire permit from local authorities in all areas where it is required.
- We will at all times be a credit to the Boy Scouts of America and will not tolerate rowdyism or un-Scoutlike conduct, keeping a constant check on all members of our group.
- We will maintain high standards of personal cleanliness and orderliness and will operate a clean and sanitary camp, leaving it in a better condition than we found it.
- We will not litter or bury any trash, garbage, or tin cans. All rubbish that cannot be burned will be placed in a tote-litter bag and taken to the nearest recognized trash disposal or all the way home, if necessary.
- We will not deface trees, restrooms, or other objects with initials or writing.
- We will respect the property of others and will not trespass.
- We will not cut standing trees or shrubs without specific permission from the landowner or manager.
- We will collect only souvenirs that are gifts to us or that we purchase.
- We will pay our own way and not expect concessions or entertainment from any individual or group.
- We will provide every member of our party an opportunity to attend religious services on the Sabbath.
- We will observe the courtesy to write thank-you notes to persons who assisted us on our trip.
- We will, in case of backcountry expedition, read and abide by the Wilderness Use Policy of the BSA.
- We will notify, in case of serious trouble, our local council service center, our parents, or other local contact.
- If more than one vehicle is used to transport our group, we will establish rendezvous points at the start of each day and not attempt to have drivers closely follow the group vehicle in front of them.

CLASS 1 PERSONAL HEALTH HISTORY

Identification: To be filled out by parent or guardian.

Name(scout) _____ Date of birth _____ Age _____

Name of parent or guardian _____ Telephone _____

Home Address _____ City _____ State _____ Zip Code _____

Check all items that apply, past or present, to your health history. Explain any "Yes" answers.

Allergies: food, medicines, insects, plants Yes ___ No ___ Explain: _____

General Information;

ADHD (Attention Deficit Hyperactivity Disorder) Yes ___ No ___

Asthma Yes ___ No ___

Cancer/leukemia Yes ___ No ___

Convulsions/ seizures Yes ___ No ___

Diabetes Yes ___ No ___

Heart trouble Yes ___ No ___

Hemophilia Yes ___ No ___

High blood pressure Yes ___ No ___

Kidney disease Yes ___ No ___

Please list any others _____

List any medications to be taken at camp: _____

List any PHYSICAL OR BEHAVIORAL conditions that may affect or limit participation in swimming, backpacking, hiking long distances, or playing strenuous physical games: _____

List equipment needed such as wheelchair, braces, glasses, contact lenses, etc.; _____

IMMUNIZATIONS (GIVE DATE OF LAST INOCULATIONS):

Tetanus toxoid _____ Pertussis _____ Mumps _____ Polio _____

Diphtheria _____ Measles _____ Rubella _____

Personal Health/ Accident insurance carrier _____

Policy No. _____ Telephone No. _____

Name of personal physician _____

Telephone No. _____

Parent Authorization:

This health history is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as the judgment of medical personnel dictates.

Signature _____ Date _____
Parent or guardian

TROOP 234 ILLNESSES RELEASE

I _____ Give my permission for the adult leaders of troop 234 to treat my child _____ for the following illnesses with;

- Headache _____
- Stomach Ache _____
- Rash _____
- Diarrhea _____
- Tooth ache _____
- Other minor aches and Pains _____

If know Blood Type: _____

SCOUT EMERGENCY CONTACT

Scout Name _____
Scouts address _____
Home Phone _____
Work Phone _____
Cell Phone Mother's _____ Cell Phone Father's _____
Second contact person:
Name _____
Address _____
Phone No. _____
Cell Phone No. _____
Relationship _____
SIGNATURE _____ Date _____

OUTDOOR PROGRAM CHECKLIST

Date of Program _____ Location _____

I. Administration

- | | |
|--|--|
| <input type="checkbox"/> Tour permits | <input type="checkbox"/> Licenses (fishing, boats, etc.) |
| <input type="checkbox"/> Parents' permission/information | <input type="checkbox"/> Camp cost |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> Local requirements |
| <input type="checkbox"/> Budget done | <input type="checkbox"/> Permits/reservations |
| <input type="checkbox"/> Personal health histories | <input type="checkbox"/> _____ |

II. Leadership

- | | |
|--|---|
| <input type="checkbox"/> Second leader _____ | <input type="checkbox"/> Third leader _____ |
|--|---|

III. Transportation

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Driver _____ | <input type="checkbox"/> Driver _____ |
| <input type="checkbox"/> Driver _____ | <input type="checkbox"/> Driver _____ |
| <input type="checkbox"/> Equipment hauled by _____ | |

IV. Location

- | | |
|--|---|
| <input type="checkbox"/> Maps to and from _____ | <input type="checkbox"/> Arrival time _____ |
| <input type="checkbox"/> Driver time _____ | <input type="checkbox"/> Departure time _____ |
| <input type="checkbox"/> Special gear needed _____ | |

V. Equipment

- Personal _____
- Troop _____
- First-aid supplies _____
- Program _____
- Emergency _____

VI. Feeding

- Menu planned _____
- Who buys food _____
- Fuel supply _____
- Patrol duties roster _____
- Food storage _____

VII. Sanitation

- Drinking water _____
- Dishwashing _____
- Human waste _____
- Garbage disposal _____

VIII. Safety

- Nearest medical facility _____
- Nearest town _____
- Ranger contact _____
- Emergency no. _____
- First-aid provider in group _____
- Police no. _____

IX. Program

- Program planned _____
- Short-term _____
- Special program equipment _____
- Patrol assignments _____
- Long-term _____
- Rainy-day activities _____

Car Camping Master Check List

(Suggestion: Mark items required for trip with a highlighting marker and then check them off as each item is packed).

| CLOTHING | TOILET KIT | COOKING | MISCELLANEOUS |
|-------------------|----------------------|------------------|--------------------------------|
| Scout Uniform | Towel | Matches | Packframe |
| Warm Coat | Washcloth | Fire Starters | Suitcase/Duffel |
| Light Jacket | Soap in Soap Box | Peak 1 Stove | Day Pack |
| Sweater | Shampoo | Coleman Stove | Fanny Pack |
| Sweatshirt | Deodorant | Coleman Lantern | Pocket Knife (NO SHEATH KNIFE) |
| Sweat Pants | Comb | Coleman Fuel | Whet Stone |
| Stocking Caps | Mirror | Coolers | Whistle |
| Thermal Underwear | Toothbrush | Dutch Ovens | 30 Gal. Trash Bags |
| Rainsuit/Pancho | Toothpaste | Cook Kit | 13 Gal. Trash Bags |
| Pants | Mouth Wash | Coffee Pots | Large Food Bags |
| Shorts | Razor | Frying Pans | Wire Bag Ties |
| T Shirts | Medicines | Griddle | Flashlight |
| Shirts | Chapstick | Cook. Utensils | Extra Batteries |
| Wool Shirts | Toilet Paper | Cook Sticks | Canteen |
| Underwear | Plastic Trowel | Measuring Cup | Bear Bag |
| Socks | Handi-wipes | Measuring Spoons | Rope |
| Wool Socks | Suntan Lotion | Can Opener | Twine |
| Handkerchiefs | Insect Repellent | Butcher Knife | Clothespins |
| Belts | Q-Tips | Potato Peeler | Ax |
| Hat | Kleenex | Table Cloth | Splitting Maul |
| Sunglasses | | Sierra Cups | Hatchet |
| Spare Glasses | FIRST AID KIT | Plates | Folding Shovel |
| Wristwatch | Band Aids | Bowls | Broom |
| Pajamas | Aspirin/Tylenol | Knife/Fork/Spoon | Whisk Broom |
| Swimsuit | Snakebite Kit | Paper Plates | Dust Buster |
| Shoes | Dermocel Tape | Paper Cups | Duct Tape |
| Hiking Boots | Moleskin | Napkins | Staple Gun/Staples |
| Rubber Overshoes | Sterile Bandages | Paper Towels | Pliers |
| Thongs | Elastic Bandages | Aluminum Foil | Needlenose Pliers |
| Gloves/Mittens | Antiseptic Ointm't | Wash Basin | Hammer |
| Work Gloves | Betadine | Dish Pan | Wire |
| | HTH Tablets | Dish Towels | 3 in 1 Oil |
| SHELTER | Safety Pin | Dish Rags | Sewing Kit |

| (check if in kit) | Item | Used for |
|-------------------|---|--|
| | sun screen (SPF 30 minimum) | preventing sun burn (and skin cancer later in life) |
| | insect repellent (Off, Deet, etc.) | preventing insect bites |
| | anti-itch lotion (Calamine, Benadryl, Bactene, etc.) | relieving itches from bites, rashes, poison ivy or oak, etc. |
| | pain tablets (Aspirin, Tylenol, Advil, etc.) | relieving minor aches and pains |
| | bandaids - 5 each of small, medium, large (flexible water-resistant 3M "Active" bandaids are best we've found recently) | covering minor scratches and cuts |
| | mole skin | covering beginning blisters before they get bad |
| | upset stomach tablets (PeptoBismol, Tums, etc.) | relieving tummy aches |
| | latex rubber gloves | required for doing First Aid on another person! |
| | large tough plastic bag (1 gallon food storage bag) | keeps the other First Aid items dry and together, can be used as emergency rescue breathing saliva barrier or as a quick-to-put-on glove |
| | wound cleaning pads in foil packets (alcohol or antiseptic) | cleans cuts and scrapes; prevents infection |
| | tweezers | removes splinters, cactus needles, or insect stingers |
| | adhesive tape (1" wide at least) | secures dressings and splints, wraps sprains |
| | sterile dressing pads or sponges (2 pads, 3" or 4" square) | covers burns or larger bleeding wounds |
| | gauze tape | wraps irregular shapes, like fingers or toes |
| | triangular bandage (40" on a side) | secures splints and dressings, supports sprains or dislocations |
| | cotton-tip applicators | cleans ears and noses, applies liquids, cleans foreign objects from wounds |

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BSA Minimum Suggested Backpacking Equipment List

This list is set up for about seven days of camping in moderate weather. Adjust it as required for other weather conditions and durations.

Thanks to Mike Cox for this list!

| |
|---|
| BASICS |
| backpack |
| sleeping bag and stuffsack |
| ground cloth (plastic sheet) |
| flashlight and batteries |
| waterproof matches or gas lighter |
| knife or multi-purpose tool |
| compass |
| whistle |
| 2 1-quart canteens |
| nylon rope, 25 feet or more |
| first aid kit |
| daypack |
| space blanket |
| COOKING |
| sierra cup |
| cook pot kit |
| plastic flatware |
| dish soap |
| cleaning pad |
| 4 large garbage bags |
| several zip-lock bags, 1 quart |
| dish cloth |
| paper towels |
| can opener |
| food |
| bear bag - some folks use their sleeping bag stuff sack |
| CLOTHING (besides what you wear at any time) |
| light rain jacket (Goretex or heavy nylon) |
| poncho (especially if jacket is not waterproof) |
| sweater or sweatshirt (polypro) |

| |
|-------------------------------|
| 2 pair socks and liner socks |
| 2 pair underwear |
| 1 pair pants |
| 2 tee-shirts |
| hat or cap |
| stocking cap |
| gloves |
| tennis shoes for water wading |
| swim suit |
| PERSONAL GEAR |
| soap |
| toothpaste |
| toothbrush |
| toilet paper |
| towel |
| wash cloth |
| plastic trowel |
| suntan lotion |
| hand lotion |
| insect repellent |
| comb |
| sewing kit |
| notebook and pencil |
| chapstick |
| water purification tablets |

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BSA Minimum Suggested Backpacking Equipment List

| A. CLOTHING | C. FIRST AID KIT | E. FOOD | G. MISCELLANEOUS |
|---------------------|----------------------|--------------------|----------------------|
| Light Jacket | Band Aids | Pancake Mix | Packframe |
| Wind Breaker | Aspirin | Instant Oatmeal | Day Pack |
| Sweatshirt, Hooded | Pepto-Bismol Tablets | Granola | Fanny Pack |
| Wool Sweater | Immodium Tablets | Cold cereal | Spare Pack Fittings |
| Stocking Cap | Snakebite Kit | Sugar | Belt Clip |
| Thermal Underwear | Moleskin/Molefoam | Powdered Milk | Pocket Knife |
| Rainsuit/Poncho | Rubbing Alcohol | Eggs | (NO SHEATH KNIFE) |
| Pants, Long | Sterile Bandages | Bacon | Whistle |
| Sweatpants | Ace Bandage | Pita Bread | Compass |
| Shorts, Hiking | Skin Rash Ointment | Cheese | 39 Gal. Leaf Bags |
| T Shirts, Lg Sleeve | Antiseptic Solution | Peanut Butter | 13 Gal. Trash Bags |
| Flannel Shirt | Safety Pin | Crackers | 1 Gal. ZipLoc Bags |
| Wool Shirt | Tweezers | Power Bars | 1/2 Gal. ZipLoc Bags |
| Underwear | Scissors | Raisins | 1 Qt. ZipLoc Bags |
| Inner Socks | | Dried Fruit | Wire Bag Ties |
| Crew Socks | D. COOKING | Trail Mix | Flashlight |
| Wool Socks | Matches | Candy Bars | Extra Batteries |
| Handkerchiefs | Lighter | Lifesavers | Canteen |
| Bandanas | Peak 1 Stove | Instant Soups | Water Bottle w/Clip |
| Belt | Whisperlite Stove | Ramen Noodle Soup | Baby Bottle, 250 cc. |
| Hat | Stove Repair Kit | Spaghetti Sauce | Bear Bag |
| Sunglasses | Fuel Bottle | Pemmican | Braided Nylon Cord |
| Spare Glasses | Coleman Fuel | Pesto | 1/2" nylon rope |
| Wristwatch | Fuel Funnel | Noodles | Clothespins |
| Swim Suit | Cook Kit | Onion | Foam Seating Pad |
| Tennis Shoes | Coffee Pot | Canned Green Chili | Hammock |
| Camp Shoes | Frying Pan | Minute Rice | Sewing Kit |
| Dearfoam Slippers | Pot Handle | Pudding | Pocket Thermometer |
| Tivas or sandals | Spatula | Butter | Camera |
| Hiking Boots | Measuring Cup | Oil | Film |
| Extra Laces | Salt/Pepper Shakers | Instant Coffee | Extra Camera Battery |
| Work Gloves | Misc. Seasonings | Tea Bags | Fishing Rod |
| | Can Opener | KoolAid Powder | Fishing Reel |
| B. SHELTER | Food Tubes | | Fishing Tackle |
| Tent/Poles/Stakes | Drinking Cup | F. TOILET KIT | Binoculars |
| Trail Tarp | Spoons, 2 ea. | Towel | Maps |

| | | | |
|---------------------|----------------------|------------------|---|
| Sleeping Bag | Small Eating Bowl | Washcloth | |
| Ground Cloth | Paper Towels | Soap in Soap Box | H. FOR TRIP HOME (If shower is available) |
| Foam Pad | Wash Basin | Shampoo | Small Overnight Bag |
| Air Mattress | Dish Pan | Deodorant | (stored in car) |
| Mattress Repair Kit | Dish Drain Sheet | Comb | Clean Clothes |
| | Dish Towel | Mirror, Signal | Clean Socks |
| | Dish Rag | Toothbrush | Shoes |
| | Dish Soap | Toothpaste | Soap in Soap Box |
| | Scouring Pad | Mouthwash | Toilet Kit |
| | Water Bladder | Razor | Towel, hand; washcloth |
| | Katadyn Water Filter | Q-Tips | Shower Shoes |
| | Potable Aqua Tablets | Medicines | Meal/Souvenir Money |
| | | Chapstick | |
| | | Foot Powder | |
| | Toilet Paper | | |
| | Bic Lighter | | |
| | Plastic Trowel | | |
| | Sun Screen | | |
| | Insect Repellent | | |



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Last Updated: 2/8/1998



Packs

A pack enables you to travel self-contained into the backcountry for a few hours or a few weeks. So, how much pack do you need? As with all outdoor gear, it depends on what you'll use it for. Select a pack that suits what you do most of the time. REI offers you a wide selection from which to choose. The charts below and on the reverse side list basic specifications for the packs we sell.

Fit

The most important feature of a pack is fit. If it's not comfortable, you won't like hiking with it. Our spec chart on the back lists the torso lengths and waist/hip sizes for all the packs we carry. Make sure that the suspension adjusts to fit your torso length and waist/hip size, especially if you're much smaller or larger than average. To determine your torso length, measure from your shoulder (where it meets your neck) to the top of your hip bone.

External or Internal?

External-frame packs are still the best choice for comfortably carrying loads over good trails on easy to moderate terrain. They provide good ventilation due to the air space between your back and the frame. However, they are not designed for mountaineering, skiing, snowshoeing or rugged cross-country travel. That rigid frame makes you top-heavy and unbalanced, and is more likely to snare you in thickets. A plus for the pocketbook—a quality external-frame pack will cost less than a comparable internal-frame pack.

Internal-frame packs are ideal for mountaineering, skiing, scrambling and hiking on rough terrain. Their low center of gravity and body-hugging design offer good balance and stability while allowing freedom of movement. Internals can be used for on-trail travel, too, with only the drawbacks of less ventilation and a somewhat higher price than externals.

How to Fit Your New Pack

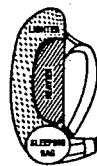
- Loosen all straps.
- Load it with a moderate amount of gear (20 to 30 lbs.), uniformly distributed.
- Put pack on; buckle and tighten hipbelt snugly. It should ride on the hip bones.
- Next, tighten shoulder straps snugly, then ease off.
- *For most models with adjustable suspension:* Shoulder straps should attach to the pack about 3-4 inches lower than the top of your shoulders. (Note: External-frame packs without load-lift straps should have their shoulder strap attach to the pack at a point just about level with the top of your shoulders.) The padded portion of the straps should wrap over shoulders for several inches. If necessary, adjust shoulder harness to fit.
- Tighten the load-lift straps (if so equipped) to about a 45-degree angle. These straps help remove weight from your shoulders, move the load in over your hips and improve your balance.
- Buckle and adjust the sternum strap (if so equipped). Strap should be about 2 inches below your collarbone, and allow comfortable breathing.
- Re-adjust the hipbelt, shoulder straps, and load-lift straps if you add or remove clothing layers.

How to Load Your Pack

On-trail hiking: Pack heavy items higher and closer to your back, lighter items lower and farther from your back; sleeping bag at bottom.



Off-trail hiking: Pack lighter items higher and farther from your back, heavier items lower and closer to your back, sleeping bag at bottom.



| Model | Item # | Fits Torso Length | Fits Waist/Hip | Maximum Volume (cu. in.) | Average Weight | Price |
|-----------------------------------|---------|-------------------|----------------|--------------------------|----------------|-------|
| FRAMELESS PACKS | | | | | | |
| REI Alpine Pack | 334-336 | n/a | 24"-50" | 1,800 | 1 lb. 14 oz. | \$56 |
| REI Klettersack | 334-339 | n/a | 24"-50" | 1,660 | 1 lb. 6 oz. | \$54 |
| REI Rucksack | 334-337 | n/a | 24"-50" | 1,280 | 1 lb. | \$32 |
| REI Wanderlust | 334-340 | n/a | 24"-50" | 1,844 | 1 lb. | \$26 |
| REI Jr. Wanderlust—Kids' | 334-011 | n/a | 12"-28" | 665 | 9 oz. | \$21 |
| Eagle Creek Backcountry Day Pack | 603-772 | n/a | 23"-45" | 1,500 | 1 lb. 9 oz. | \$44 |
| Eagle Creek Backcountry Tour Pack | 603-773 | n/a | 23"-45" | 1,600 | 1 lb. 11 oz. | \$55 |
| Eagle Creek Eaglet—Kids' | 334-110 | n/a | n/a | 800 | 11 oz. | \$22 |
| JanSport Daily Transit | 334-043 | n/a | n/a | 2,250 | 1 lb. 7 oz. | \$50 |
| JanSport Little Tahoma | 604-641 | n/a | n/a | 2,200 | 1 lb. 8 oz. | \$50 |
| JanSport Sundance | 334-083 | n/a | n/a | 1,650 | 1 lb. 2 oz. | \$35 |
| JanSport Supersack | 604-985 | n/a | n/a | 2,150 | 1 lb. 13 oz. | \$55 |
| Lowe Contour Mountain 40 | 334-045 | n/a | n/a | 2,400 | 1 lb. 14 oz. | \$98 |



Hiking Boots

Finding the right boots can make a great difference in your enjoyment of the outdoors. Good boots aid your endurance, protect your feet and provide all-day comfort. REI is one of the leading sellers of hiking boots in the nation, and our selection is second to none.

How Do I Choose?

To find the right boots, first consider your needs:

- Will your primary activity be a day hike, an overnight trip, extended backpacking or mountaineering?
- What type of terrain will you cover most often—trails or backcountry routes?
- How much weight will you carry on your trips?
- Will you need boots offering water protection?

No boot can be all things to all users. However, by using the chart below, you can narrow the choices. After that, work with an REI salesperson to help you find the best boots, and the best fit, for your needs.

Boot Construction

Cementing offers good performance and is a popular, economical method of attaching the upper to the sole. *Littleway* stitching resists abrasion and allows a flexible sole. The upper is attached to the sole with

one inside line of stitching. *Norwegian* stitching is a stiff and durable construction method. The upper is attached to the sole by two outside lines of stitching.

Midsole Cushion

EVA (ethyl vinyl acetate) is a lightweight, economical method of cushioning. *Polyurethane* has a longer cushioning lifespan than EVA. *Rubber* offers an extremely durable and stable form of cushioning.

Boot Care

Boots, especially leather ones, should always be conditioned with special boot treatments to maintain your investment. This is true whether you hike in dry, arid country or wet, temperate areas. Recommended treatments are noted in the chart.

Besides conditioning, keep boots clean between uses by brushing off dirt and mud which can ruin leather over time. Most fabric boots can be washed on the outside with soap and water (not detergent).

If your boots get drenched, stuff loosely with newspaper, and dry in a warm place, but never next to a heater or heat source.

| Boot | Item # Men's/ Women's | Accepts Crampons | Weight (Men's 9M/ Women's 8M) | Upper Material | Midsole Material/ Construction | Midsole Support | Outsole Material | Boot Care ¹ | Available Widths | Can be Resoled? | Price |
|---|-----------------------------|---------------------|-------------------------------------|--|--|----------------------------------|-----------------------------------|---------------------------|----------------------|--------------------|----------------|
| LIGHTWEIGHT HIKING — TRAIL HIKING, LIGHT LOADS | | | | | | | | | | | |
| Merrell Monarch II | 121-072/ 111-224 | N/A | 2 lbs. 4 oz./ 1 lb. 14 oz. | Cordura® nylon/ split leather | EVA air chamber/ cemented | Steel shank Texon insole | Rubber | 9 | Men's M Women's M | Yes | \$ 60 |
| Asolo Venus Lo* | 604-792 | N/A | 2 lbs. | Suede leather/ nylon | Polyurethane/ direct attached | Asoflex insole | Rubber | 2 or 4 | Women's M | | \$ 80 |
| Vasque Alpha Low | 111-240 | N/A | 1 lb. 9 oz. | Nylon/ suede leather | EVA/ cemented | Steel shank/ AlphaFlex insole | Bumper-lug rubber | 4, 9 | Women's M | Yes | \$ 65 |
| Vasque All-Leather Alpha | 600-294/ 600-295 | N/A | 2 lbs. 1 oz./ 2 lbs. | Nubuck leather | EVA/ cemented | Steel shank/ AlphaFlex insole | Bumper-lug rubber | 1, 3, 6, 7 or 9 | Men's M Women's M | Yes | \$ 70 |
| Merrell Solo | 603-436/ 603-437 | N/A | 2 lbs. 8 oz./ 2 lbs. | Waterproof leather | Polyurethane w/air chamber/cemented | Steel shank/ Texon insole | Merrell CrossCut™ rubber | 9 | Men's M Women's M | Yes | \$ 75 |
| Tecnica Mesa | 111-188/ 111-229 | N/A | 2 lbs. 10 oz./ 2 lbs. 8 oz. | Cordura® nylon/ split leather | Rubber/ cemented | ¾-length steel shank | Tecnica high- carbon rubber | 2 or 4 | Men's M Women's M | Yes | \$ 75 |
| Raichle Brava II | 604-782 604-783 | N/A | 2 lbs. 13 oz./ 2 lbs. 9 oz. | Waterproof split- grain leather/nylon | Polyurethane/ cemented | Recycled nylon shank | Raichle Positrac Hiker sole | 2 or 4 | Men's M Women's M | No | \$ 85 |
| Asolo AFX 351 | 603-514 | N/A | 2 lbs. 8 oz. | Nylon/ suede leather | Polyurethane/ cemented | Asoflex nylon insole | Asolo rubber | 2, 4 or 9 | Men's M | No | \$ 80 |
| Merrell Acadia | 603-487/ 603-488 | N/A | 2 lbs. 10 oz./ 2 lbs. 5 oz. | Waxed leather/ Cordura® nylon | Polyurethane w/air chamber/cemented | Texon/ steel shank | Merrell CrossCut™ rubber | 2, 4 or 9 | Men's M Women's M | Yes | \$ 90 \$ 90 |
| Timberland Euro All-Leather | 111-185/ 111-186 | N/A | 2 lbs. 6 oz./ 2 lbs. 1 oz. | Full-grain leather | EVA/ cemented | Full-length steel shank | Trail-Grip™ high-carbon rubber | 1, 2 or 3 | Men's M Women's M | No | \$ 95 |

*Not available at this REI location. If you're interested in this item, please stop by Customer Service or call REI mail order at 1-800-426-4840.



Quality Outdoor Gear and Clothing Since 1938



C983c; Spring 95

STORES: 22, 26, 27, 32, 34, 37,
40, 42, 45, 48, 51

More boots listed on other slide.



Sleeping Bags

To pick the best bag for you, think about how you'll be using it. Will you be out in the summer, camping with the kids? Doing late-spring to early fall backpacks, camping below timberline? Or do you thrive on winter mountaineering? REI offers bags for all types of outdoor activities.

Comfort Rating

Decide on this first. You want to be comfortably warm but not so hot you have to sleep with the bag wide open. If you're active outdoors year-round, you'll probably need two bags—one for milder weather and another for winter use; or consider using a liner or overbag to increase the comfort rating of your lighter bag.

Types of Insulation

Goose down is nature's most efficient insulator. Even when compared to synthetics, goose down is the lightest, most breathable, most compressible and most durable insulation available. If you're traveling in wet-weather country, make sure your down bag stays protected inside a bivy sack or tent.

Synthetic insulations have the advantage of retaining much of their loft even if wet. They are also non-allergenic and quick to dry.

- **Polarguard® HV:** Now 20% warmer for the same weight than first-generation Polarguard. This is a super-durable continuous-length fiber insulation.
- **Lite Loft™:** Ounce for ounce the warmest synthetic fill. Made of Thinsulate™ from 3M in a process bonding polyester and olefin fibers to allow optimum loft. Recent innovations in production have made Lite Loft of such consistent quality that 3M will guarantee comfort ratings in 1995.
- **Primaloft™ PL2:** Polyester microfibers make a fill that insulates like down, even when wet.

- **Du Pont Quallofil®:** Engineered from polyester fibers with 7 hollow chambers to reduce weight, while increasing compressibility, loft and warmth.
- **Du Pont Hollofil® II:** Made of large-diameter polyester fibers with a 4-chamber core. Treated to increase resiliency and compressibility.

Shape

Mummy bags are relatively close-fitting to save weight and maximize heat retention. "Light is right" backpackers and climbers favor these bags; others may find them too close for sleeping comfort.

Semi-rectangular bags offer more room at the expense of carrying a bit more weight.

Rectangular bags are best suited for camping in warm climates, as they let a lot of heat escape from the top. They are very roomy and most can be zipped completely open for use comforter-style.

Features

Hoods are essential for backpacking, as they keep cold air out and warm air in.

Inside collars or shoulder gaskets help seal in heat. Look for them on bags used for cold camping.

Draft tubes along the zippers keep heat in, and are another backpacking essential, but can be dispensed with for camping in warm areas.

Tips

Storage. After your trip, make sure your bag is fully dry before storing it in a large sack of breathable material, such as REI's 100% Cotton Storage Sack.

Under the Bag. Even the warmest sleeping bag isn't much comfort without a good sleeping pad. REI offers several kinds so you sleep in comfort, whatever the ground conditions underneath.

Choose from Therm-a-Rest®, Ergomat, Ridge Rest® and more.



Tents

A tent keeps you sheltered from rain, wind, snow and bugs. Just how much tent do you need? That depends on its intended use. How many people will you usually be camping with? Will you spend much time above treeline, exposed to winds? Or will you camp down in sheltered valleys? Are you a minimalist who wants the light essentials, or are you willing to pack a few more pounds to ensure lots of elbow room? Deciding on these parameters will help you select the best tent. And, by looking at the chart on the back, you'll find that REI provides lots of quality tent choices.

Family Camping Tents

Lots of room! That's what these tents offer you and your kids ... or relatives and friends. You'll enjoy spacious shelter and convenience features such as awnings and lots of doors and windows. Of course, these same luxurious features make these tents too heavy for backpacking. Family tents are best suited for campgrounds only a short walk from the car.

General Backpacking Tents

This category offers the widest variety of tents, suited for camping in the late spring, summer and early fall. These range from tents with screened tops for stargazing in bug-free bliss, to sturdier models that you can use in winter if snowfall is not a concern. You'll need to decide what your room/weight/feature tradeoffs are.

Winter/Mountaineering Tents

Winter and high-elevation adventures demand a tent that holds up to snow and high winds. Look for designs featuring more poles for added strength. Two doors, a convenience feature on any tent, are an extra plus in winter. A vestibule, either integral or available as an add-on option, is a must, since vestibules give you sheltered space for storing gear or cooking out of the elements.

Tent Shape and Other Features

Every design shape has its tradeoffs.

Domes offer lots of usable floor space and headroom, but can be heavy for the available space. They are usually freestanding, so they can be easily moved before staking down.

Tunnel or hoop shapes also offer lots of usable floor space, are lighter than domes, but are usually not freestanding.

Freestanding tents are convenient to set up, but still need to be staked so they don't become free-flying in those high mountain breezes.

Care and Upkeep

Practice setting up and taking down your new tent in your living room, or backyard, before you have to do it in the rain at night by headlamp. Reading the instructions first never hurt, either!

Seam-seal your new tent right after you get it, during one of the practice setups.

Air your tent out after you get back from your trip. Never store your tent wet.

Accessories

- All tents that REI sells come with stuff sack and stakes, and many include seam sealer, too. We carry extras if you need them.
- A ground cloth protects your investment from abrasion by rocks, roots and sticks. Use a tarp, polyethylene sheet or heavy-duty "space blanket." We also carry ground cloths made for specific tent models. Ask us for more info.
- Netting gear lofts are handy for storing headlamps, sunglasses, etc.
- Grip Clips by Sierra Designs let you anchor extra guy lines anywhere on your tent or fly.

HINTS ON PACKING

VARIABLES TO CONSIDER

When you are going
Where you are going
Why you are going
How long to be gone
How many going
How many cooking together
Your ability as a woodsman
Personal tolerance to inconvenience

TEN ESSENTIALS to Remember To Find Your Way

Map of area
Compass
Flashlight

For Your Protection

Food, Clothing, and Shelter
Extra Food, Clothing, and Water
Sunglasses

For Emergencies

Matches in Waterproof Container
Candle (for Fire Starter)
Pocket Knife
First Aid Kit

The wise hiker or backpacker provides himself with each of the *TEN ESSENTIALS* for any trip (half day or long safari). The Essentials list does not show quantities or details because the items will change to fit the *VARIABLES* for a particular trip.

Make a list of precisely what is needed for *THE* trip considering the *TEN ESSENTIALS* and the *VARIABLES*. This list should be exact as to the numbers of pairs of socks, size and number of cook pots, utensils, menu, etc.

With your list collect everything into a common area for checking and double checking against the list. Be careful not to let "extras" creep in. Consider weight and need. Your pack should weigh no more than 1/4 of your body weight.

Separate all the items into three categories:

- Items to go into pack pockets or clothing pockets
- Items you will not need on the trail (camp items)
- Items you will probably need during the day on the trail

Keeping the categories separate, bag like items (I prefer colored cloth bags for durability and easy identity) or roll and tie individual items (sweater and poncho). The object is to end up with a pack of bags and compact items, with everything available when needed, and the center of gravity of the pack about shoulder height and close to your back.

After the trip, shake out your pack. Air out and dry your sleeping bag and shelter. Wash the clothes, cook pots, and utensils. Think of the use of every item. Let's hope that any unused item was for an emergency which did not occur. If the unused item was for convenience or luxury, leave it home next time.



ANTELOPE
MOUNTAIN SPORTS

WEAR ON THE TRAIL

- Cotton Shirt
- Wool Shirt
- Cotton Hiking Pants
- Wool Hiking Pants
- Undershorts (Cotton)
- Undershirt (Cotton)
- Belt (Soft with small buckle)
- Inner Socks (Polypropylene)
- Outer Socks (Wool)
- Boots
- Hat or Cap
- Pack & Frame
- Sunglasses

CARRY IN YOUR POCKETS ON THE TRAIL

- Handkerchief
- Bandana
- Chap Stick for Lips
- Small Roll Toilet Paper (Emergency)
- Matches (Book, in container, or Butane Lighter)
- Pocket Knife
- Sunglasses
- Whistle (on neck cord)
- Watch
- Trail Snacks

CARRY IN YOUR PACK

CLOTHING

- Wool Sweater
- Wind Parka
- Rain Parka
- Poncho
- Rain Chaps
- Down or Polyester Vest
- Down or Polyester Sweater
- Down or Polyester Jacket
- Wool Ski Cap
- Hiking Shorts
- Pr. Inner Socks (Cotton)
- Pr. Outer Socks (Wool)
- Pr. Undershorts
- Undershirts
- Gloves
- Wading or Camp Shoes
- Extra Shoe Laces
- Needle & Thread
- Safety Pins
- Swim Trunks

FINDING YOUR WAY

- Flashlight
- Extra Flashlight Bulb
- Extra Flashlight Batteries
- Compass
- Map of the Area

PERSONAL HYGIENE

- Identification Card
- Dimes for a Phone Call
- First Aid Kit
- Prescription Medicine
- Moleskin Adhesive
- Sunburn Cream
- Insect Repellent
- Foot Powder
- Toilet Paper
- Washbasin
- Towel
- Hand Soap
- Tooth Brush
- Mirror
- Hand & Face Soap
- Clothes Washing Soap

BED AND SHELTER

- Sleeping Bag
- Ground Sheet
- Ground Insulating Pad
- Air Mattress
- Tube Tent
- Tarp Shelter
- Tent
- Set Up Rope
- Tent Stakes

EATING UTENSILS

- Sierra Cup or Plastic Cup
- Plate or 2nd Sierra Cup
- Knife, Fork & Spoon
- Canteen or Water Bottle
- Water Purification Filter Pump
- Salt & Pepper
- Sugar

CAMP UTENSILS

- Extra Matches in Water Proof Container
- Candle for Fire Starter
- 25 ft. 1/8 in. Nylon Cord
- Light Cord for Lashings
- Repair Tape
- Note Pad
- Pencil
- Litter Bag

FOOD FOR _____ PEOPLE
FOR _____ DAYS - SEE
SEPARATE MENU
_____ EMERGENCY FOOD
FOR AN EXTRA DAY

GROUP COOKING AND CAMP GEAR

- (Qt.) Large Pot
- (Pt.) Medium Pot
- (Cups) Small Pot
- Frying Pan or Griddle
- Coffee Pot
- Stove
- Fuel for Stove
- Oven

- Grill
- Large Cooking Spoon
- Spatula
- Pot Gripper
- Plastic Sheet (Table)
- Nylon Scrub Pad
- Dish Washing Brush
- Dish Washing Pan

- Dish Washing Soap
- Water Bag or Bucket
- Spatula
- Food Storage Bag
- Rope to Hang Food
- Pruning Saw
- Shovel
- Cooking Oil or Grease
- Group First Aid Kit

OPTIONAL ITEMS TO CONSIDER

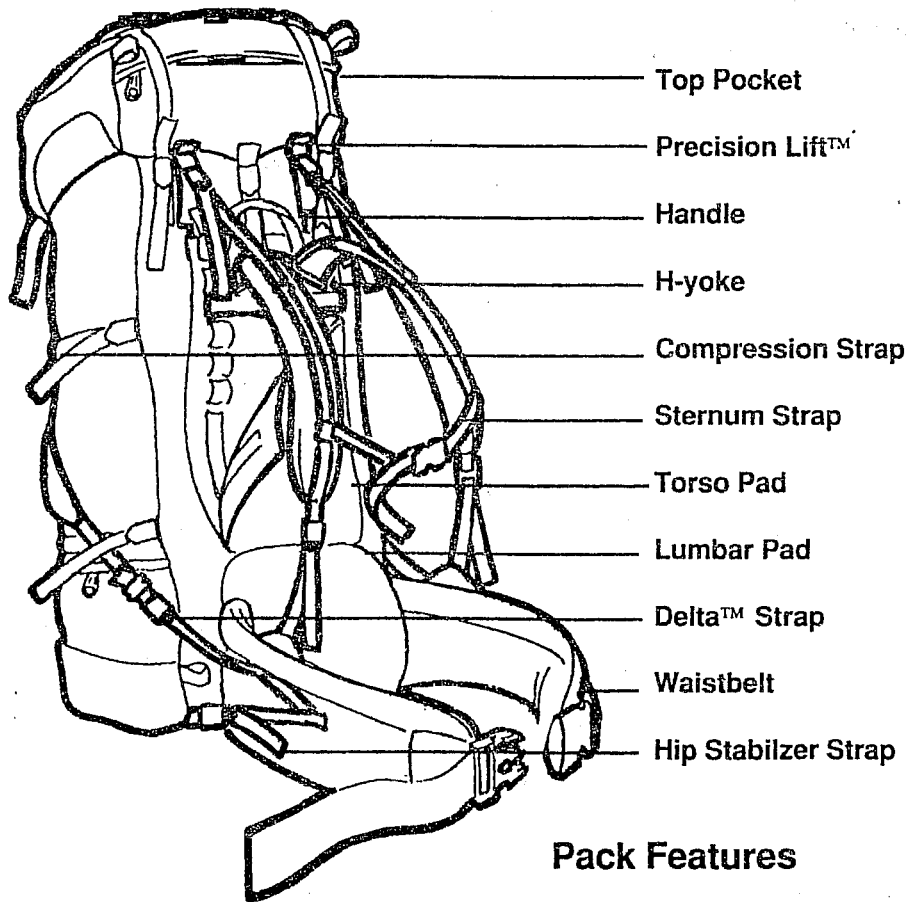
- Climbing Gear
- Camera & Film
- Fishing Rod, Reel & Tackle
- Sketch Pad & Pencils
- Trail Guide Book
- Nature Book
- Binoculars
- Musical Instrument
- Mittens
- Down Booties
- Bed Socks

ADDITIONAL ITEMS FOR WINTER CAMPING

- Extra Jacket or Heavy Wool Sweater
- Thermal Underwear
- Overmittens & Wool Gloves (Liners)
- Extra Wool Pants
- Leggings or Gaiters
- Extra Pairs of Socks
- High Protein & High Carbohydrate Foods
- Whiskbroom
- Snow Stakes for Shelter
- Space Blanket
- Lantern or Candle for long Evenings
- Lightweight Book or Small Game

CARRY EXTRA SHOES, CLOTHING, WATER, AND FOOD in the car
Wash up, change clothes, and have a snack before the ride home

INTERNAL FRAME SKI-BACKPACK



Backpacker's Checklist

External Frame

MAIN COMPARTMENT

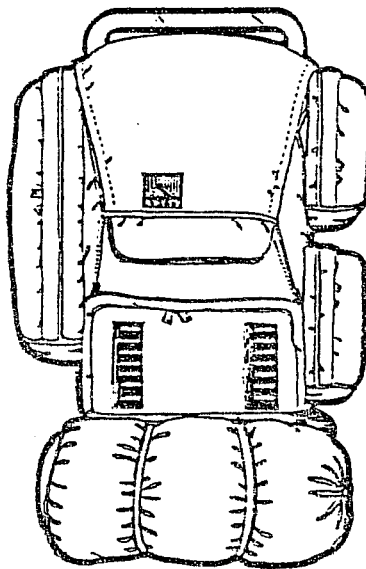
Water • Food
Cooking Utensils
Heavier Miscellaneous
Tent-Top Flap

LOWER COMPARTMENT

Clothing
Rain. Wind Gear
Ground Cloth

LOWER STUFF SACK

Sleeping Bag • Foam Pad
Down Jacket • Bivy Sack



UPPER OUTSIDE POCKETS

Water Bottles
Stove
Fuel

LOWER OUTSIDE & BACK POCKETS

First Aid
Medication
Water Purification
Flashlight
Batteries
Insect Repellent
Toiletries
Knife
Compass

Checklist

| SLEEPING | COOKING | CLOTHING | MISCELLANEOUS | FIRST AID |
|--------------|---------------|------------------|-------------------------|----------------------|
| Sleeping Bag | Water Bottles | Shirts | Sun Glasses | Medication |
| Pad | Water Bag | Pants/Shorts | Sun Screen | Snake Bite |
| Bivy Sack | Cook Kit | Socks | Bandana | Band-aids |
| Tent | Swiss Knife | Hiking Shoes | Maps, Compass | Mole Skin |
| | Can Opener | Underwear (long) | Flashlight | Tweezers |
| | Stove Fuel | Hat/Balaclava | Toilet Paper | Cotton |
| | Food | Gloves (light) | Cord | Gauze |
| | Utensils | Jacket | Day Pack | Safety Pin |
| | Matches | Rain/Wind Gear | Camera | Needle & Thread |
| | | | Film | Signal Mirror |
| | | | Plastic Bags | Whistle |
| | | | Rain Cover | Candle |
| | | | Survival Kit | Matches (waterproof) |
| | | | Toothbrush & Toothpaste | Knife |
| | | | Lip Protection | Razor Blade |
| | | | Soap | Water Purifier |
| | | | Lashing Straps | Insect Repellent |
| | | | | Dime or Quarter |

Important!

Tell someone where you will be and when you will return ... AND TAKE LOTS OF FUN!!!

This Checklist is a guideline to help remind you not to forget your underwear. This list should be expanded for winter. Always gather as much information as possible on the area you intend to visit. Check on restrictions and permits.

Once again, these are suggestions ... there are always different ways and exceptions.

The Mountaineering First Aid Kit

| <u>Item</u> | <u>Quantity and Size</u> | <u>Use</u> | | |
|--|--------------------------|--|-----------------------|-------------------------------------|
| Aspirin | 12 tablets - 5 grain | 1 to 2 every 4 hours, for pain | Steri-pad gauze flats | 6, 4" x 4" |
| Antacid | 6 tablets | For indigestion or heart-burn; may be Bucladin, Ulcentral, Rolialids, etc. | Tape, non water-proof | 2" roll |
| Antihistamine | 6 tablets | 1 every 4 hours for insect bites, colds or hives | Triangular bandage | 1 |
| Band-aids | 12 one inch | For lacerations | Safety pins | 3 (1 large) |
| Butterfly band-aids (or know how to make) | 6 (various sizes) | For closing lacerations | Drugs | As prescribed by personal physician |
| Carliste (Battle Dressing) | 1 four inch | For large bleeding wounds | | |
| Moleskin | ½ pkg. | For blisters | | |
| Needle | 1 medium size | To remove splinters, etc. | Elastic bandage | 1 three inch |
| Tincture of Benzoin | 1 oz. bottle (plastic) | To hold tape in place and protect the skin | | |
| Antibacterial soap or Tincture of Zepherin | 1 oz. bottle (plastic) | Mild antiseptic for abrasions, cuts | Thermometer | 1 (40° F to 120° F) |
| Razor blade, single edge | 1 | For shaving hairy spots before taping | Wire mesh splint | 1 |
| Roller gauze | 2 rolls 2" x 5 yd. | For holding gauze flats in place | | |
| Salt tablets | 24 | To prevent exhaustion and cramps due to heavy perspiring | | |

Miscellaneous items may include:
 Dimes for calling in emergencies
 First aid / rescue information
 Pencil and paper



550 South First Street San Jose, Ca 95113 292-4446

TWELVE ESSENTIALS

THESE ITEMS SHOULD BE IN A DAY PACK OR A FANNY PACK.
THEY SHOULD BE ON YOUR PERSON WHENEVER YOU ARE IN THE WOODS!!

1. POCKET KNIFE
2. MATCHES IN WATERPROOF CONTAINER and a CANDLE
3. MAP and COMPASS
4. FIRST AID KIT
5. FLASHLIGHT with EXTRA BATTERIES
6. WHISTLE or SIGNALING DEVICE
7. WATER and WATER PURIFICATION TABLETS
8. EXTRA CLOTHES--DEPENDING ON WEATHER and TERRAIN
9. EMERGENCY RATIONS WRAPPED IN FOIL
10. RAINGEAR for SHELTER
11. ROPE OR NYLON CORD - 25 FEET
12. TOILET PAPER or TISSUE PACK

EQUIPMENT

HIGH ADVENTURE TREK PERSONAL EQUIPMENT

A. Use layer principle AND wear one - wash one concept.

1. On person while hiking:

| | |
|--|---|
| <input type="checkbox"/> Undershorts | <input type="checkbox"/> Wick-type inner sock |
| <input type="checkbox"/> Wool socks (outer) | <input type="checkbox"/> Scout shirt/T-shirt |
| <input type="checkbox"/> Hiking shorts & belt | <input type="checkbox"/> Large bandana/neck- erchief |
| <input type="checkbox"/> Brim hat | <input type="checkbox"/> Whistle & compass on lanyard |
| <input type="checkbox"/> Sun glasses | <input type="checkbox"/> Matches in water- proof container |
| <input type="checkbox"/> Hiking boots or hiking "tennies" | <input type="checkbox"/> Emergency medical consent form |
| <input type="checkbox"/> Pack - nylon w/pockets | |
| <input type="checkbox"/> Aluminum frame | |

B. Sleeping Gear (in/on pack):

| | |
|---|--|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Stuff bag |
| <input type="checkbox"/> Plastic-type ground cloth | <input type="checkbox"/> Foam pad or thermo- rest |
| <input type="checkbox"/> Wool knit hat | <input type="checkbox"/> TENT |

C. Essential Extra Clothing:

| | |
|--|--|
| <input type="checkbox"/> Poncho/rain jacket with chaps | <input type="checkbox"/> Boot socks - wool X2 |
| <input type="checkbox"/> Change of light socks 2 pr (polypropylene) | <input type="checkbox"/> Long pants - 1 pr |
| | <input type="checkbox"/> Undershorts - 1 pr |
| | <input type="checkbox"/> Wool sweater or equivalent |

NO COTTON SWEAT SHIRTS

D. Toilet Articles:

| | |
|--|--------------------------------------|
| <input type="checkbox"/> Music roll, white 9 day supply | <input type="checkbox"/> Comb |
| <input type="checkbox"/> Toothbrush - salt/soda | <input type="checkbox"/> Small towel |

E. Eating Gear:

| | |
|---|--|
| <input type="checkbox"/> 2 spoons | <input type="checkbox"/> 2 Sierra cups (mark one with ounces) |
| <input type="checkbox"/> Knife, or suitable substitute | |

E Q U I P M E N T

HIGH ADVENTURE TREK PERSONAL EQUIPMENT (Continued...)

F. Personal Gear:

| | |
|--|--|
| _____ Flashlight w/extra bulb and batteries | _____ Notebook |
| _____ Nylon cord, rope 2 - 25' or 1 - 50' | _____ Pencils |
| _____ Extra plastic bag or pack cover | _____ Water bottle, large mouth |
| _____ Extra boot laces | _____ Matches in water- proof container |

G. First Aid Supplies:

| | |
|------------------------------------|--|
| _____ Chap Stick | _____ Insect repellent (9 day supply) |
| _____ Moleskin - 2-4" squares | _____ Small candle |
| _____ Band-aids - assorted | _____ Emergency call dimes |
| _____ 2x2 bandages | _____ Sting kill (if required by MD) |
| _____ Tub zinc oxide or lanolin | _____ Safety pins - X2 |
| _____ Sunscreen | |

H. Emergency Food Kit:

| | |
|---|---|
| _____ Tea bags/chocolate packet/juice crystals | _____ Bouillon cubes or soup packet |
| _____ Tropical Hershey bar | _____ Beef jerky |
| _____ Gum/lemon drops | _____ Trail cookies or similar item (all wrapped in plastic bag) |

I. Repair Kit:

| | |
|---|-----------------------------------|
| _____ Clevis pins for your pack | _____ Twine or fishing line |
| _____ Rubber bands | _____ Small amount copper wire |
| _____ Sewing kit w/needle | |
| _____ Plastic fasteners off bread wrappers | |

J. Optional Items (Go Light!!!!):

| | |
|------------------------------|------------------------------------|
| _____ Camera & film | _____ Pocket knife on belt |
| _____ Fishing license & gear | _____ Snake bite kit |
| _____ Down jacket/vest | _____ Tennis shoes or moccasins |

Week End Camp Out Menu

Date's of Camp Out: _____ To _____

Friday Evening Meal:

Main Dish: _____

Dessert: _____

Vegetable: _____

Other: _____

Salad/Soup: _____

Saturday Breakfast:

Saturday Lunch:

Main Dish: _____

Main Dish: _____

Cereal: _____

Vegetable: _____

Juice/Milk: _____

Salad/Soup _____

Fruit: _____

Dessert: _____

Saturday Dinner:

Main Dish: _____

Dessert: _____

Vegetable: _____

Other: _____

Salad/Soup: _____

Sunday Breakfast

Main Dish: _____

Fruit: _____

Cereal: _____

Juice/Milk: _____

Patrol Campout Log

Location: _____ **Dates:** _____
Leaders: _____

Attendance List

| Name: | Phone: | Paid? | Notes: |
|-------|--------|-------|--------|
| | | | |
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| | | | |

Meal Planning

Friday:

Crackerbarrel: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

Saturday:

Breakfast: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

Lunch: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

Dinner: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

Crackerbarrel: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

Sunday:

Breakfast: _____

Cooks: _____

Cleanup: _____

Water: _____

Wood: _____

CAMPFIRE PROGRAM

Place _____

Date _____

Time _____

Camp director's approval _____

| | |
|---------------------------------|-------------------------|
| Campers notified _____ | Area set up by _____ |
| Campfire planning meeting _____ | _____ |
| MC _____ | Campfire built by _____ |
| Song leader _____ | Fire put out by _____ |
| Cheerleader _____ | Cleanup by _____ |

| Spot | Title of stunt, song, or story | By _____ | Time |
|------|--------------------------------|----------|------|
| 1 | Opening (and firelighting) | | |
| 2 | Greetings (introduction) | MC | |
| 3 | Sing Yell | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | Closing | | |

THE CAMPFIRE PROGRAM PLANNER

How to use this sheet: Be sure that every feature of this campfire program upholds Scouting's highest traditions.

1. In a campfire planning meeting, fill in the top of the Campfire Program sheet (over).
2. On the Campfire Program Planner (below), list all units and individuals who will participate in the program.
3. Write down the name, description, and type of song, stunt, or story they have planned.
4. The master-of-the-campfire organizes songs, stunts, and stories in a good sequence considering timing, variety, smoothness, and showmanship.
5. The master-of-the-campfire makes out the Campfire Program sheet (over).
6. Copies of the program are given to all participants.

| Cheer Planner | Spot |
|---------------|------|
| | |
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| Song Planner | Spot |
|--------------|------|
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| | |

| Campfire Program Planner | | | |
|--------------------------|-------------|------|------|
| Group or Individual | Description | Type | Spot |
| Opening | Main event | | |
| Closing | | | |
| Headliner | | | |
| Song leader | | | |
| Cheerleader | | | |
| | | | |

ORIENTEERING

TROOP OUTDOOR PROGRAM PLAN

Date _____

| TIME | ACTIVITY | RUN BY |
|------------------------------|---|----------------------|
| Friday evening | Load gear at meeting location and leave for campsite. Plan only a light meal en route. | SPL |
| | Arrive at campsite. Off-load equipment and set up patrol sites. Unload canoes if a canoe trip is planned. | SPL/PL |
| Saturday 6:30 A.M. | Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.) | Cooks, assistants |
| 7:00 A.M. | Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags. Pack canoes for trip, if planned. | |
| 7:30 A.M. | Breakfast | |
| 8:00 A.M. | Clean up. | Cooks |
| | Patrols put up the gear for morning activities, clean up patrol site. | |
| 8:30-11:30 A.M. | Travel 2,000-meter orienteering course. Estimate heights of trees and widths of ravines or creeks. | SPL/PL |
| 11:30 A.M. | Sack lunch | |
| Noon | Continue on orienteering course. | |
| 4:30 P.M. | Start dinner preparation. | Cooks |
| 5:30 P.M. | Dinner | SPL |
| 6:00 P.M. | Clean up. | Cooks |
| 8:00 P.M. | Troop campfire | SPL |
| 9:00 P.M. | Cracker barrel | |
| 10:00 P.M. | Lights out | |
| Sunday 6:30 A.M. | Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.) | Cooks, assistants |
| 7:00 A.M. | Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags. | |
| 7:30 A.M. | Breakfast | |
| 8:00 A.M. | Clean up. | Cooks |
| | Patrols put up the gear for morning activities, clean up patrol site. | |

| TIME | ACTIVITY | RUN BY |
|---------------------------------|--|--------|
| 8:30 A.M. | Worship service | |
| 9:00-11:00 A.M. | Patrol games—Use four games from the Games section of <i>Troop Program Resources</i> . * | |
| 11:00 A.M. | Break camp. | |
| Special equipment needed | Topographic maps, compasses, troop camping equipment | |

**Troop Program Resources for Scout Troops and Varsity Teams*, Supply No. 33588

PARTICIPATION AWARDS

BAY AREA RIDGE TRAIL

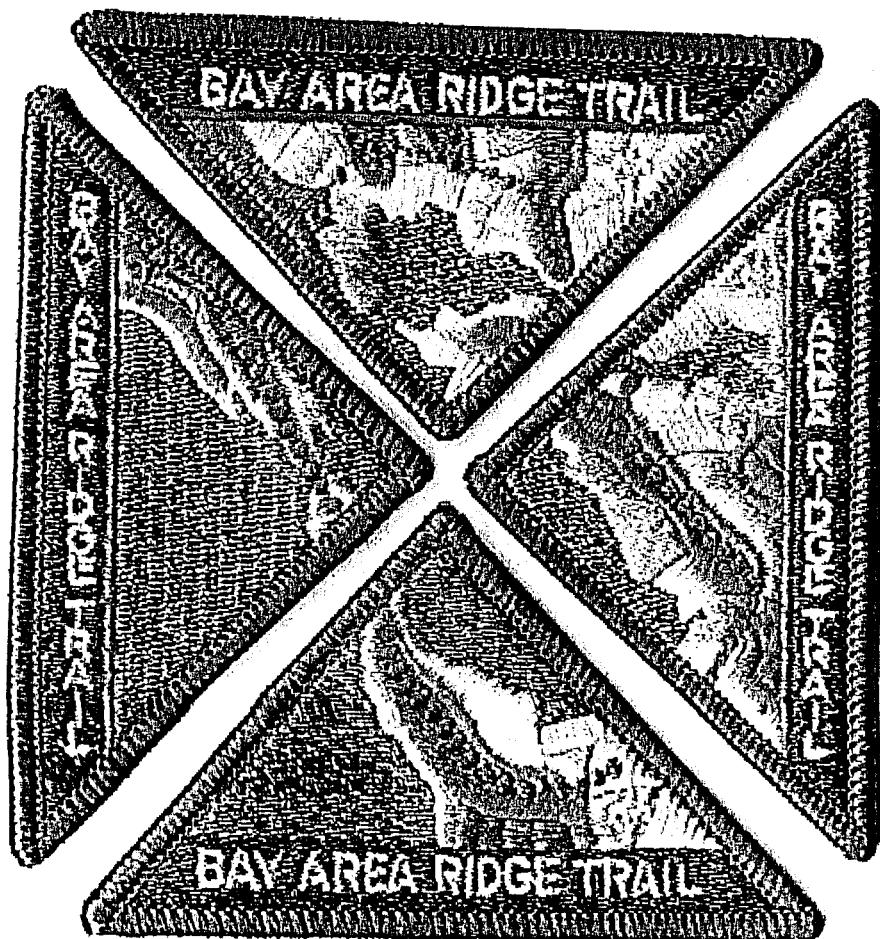
This patch program was created by the High Adventure Team of the Santa Clara County Council.

It is open to school classes, Girl and Boy Scout groups, church youth groups and other youth organizations.

The Bay Area Ridge Trail today is represented by more than 35 public trails totaling over 200 miles in length. Someday this Trail will be a continuous public trail system for hikers, mountain bikers and horseback riders along the ridges circling San Francisco Bay. The trails vary from short, easy walks to challenging hikes.

The patch program comes in four segments representing four quadrants of the Bay Area. A segment is earned by hiking or biking a section of the Ridge Trail in each of the quadrants. To qualify for a segment, a Cub Scout must hike or ride at least one mile. Alternatively, a segment can be earned by performing trail maintenance or construction under the supervision of the public land agency responsible for that part of the trail. Youths under 11 years old must work one hour.

For more information on the trails and patch orders, please ask at the front desk of the Council Service Center. Trail information is also available at <http://www.ridgetrail.org>. Patches are available at the Scout Shop.



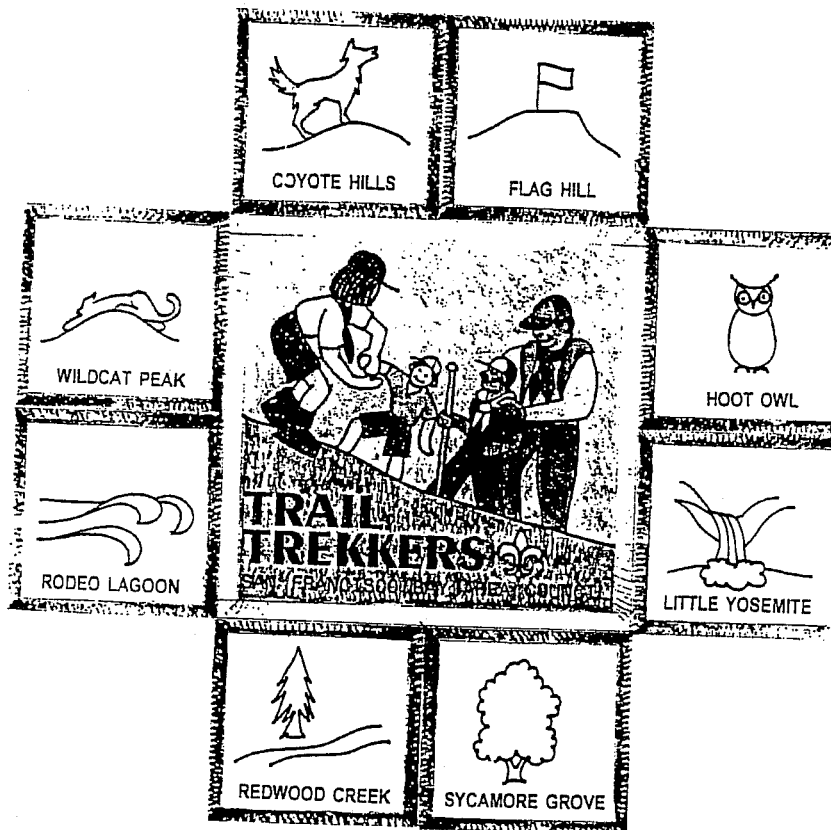
TRAIL TREKKERS

This program is for Cub Scouts and is offered by the San Francisco Bay Area Council. The Trail Trekker Program offers seven day hikes and one night hike which can be completed by Cub Scout age boys (from 6 to 11 years) and their families. The hikes are located throughout the Bay Area:

| | |
|-----------------|--|
| Coyote Hills | Coyote Hills Regional Park, Fremont |
| Flag Hill | Sunol Regional Wilderness, Sunol |
| Hoot Owl | Sycamore Grove Regional Park, Livermore (night hike) |
| Little Yosemite | Sunol Regional Wilderness, Sunol |
| Redwood Creek | Redwood Regional Park, Oakland |
| Rodeo Lagoon | Golden Gate National Recreation Area, Marin |
| Sycamore Grove | Sycamore Grove Regional Park, Livermore |
| Wildcat Peak | Tilden Nature Study Area, Tilden Regional Park |

There is a patch for each hike. Patches may be awarded to all successful hikers, (Cub Scouts, family members) after completing the requirements for each hike. There is also the basic Trekkers patch.

For more information, refer to the program guide available at the San Francisco Bay Area Council located at 8480 Enterprise Way, Oakland, CA 94621-1393 (phone: (510)-577-9000).



Note: Rim of the Bay Patch Program, also by San Francisco Bay Area Council, is recommended for Boy Scouts, not Cub Scouts.

Bay Area Ridge Trail Patch

Update – October 2005

This insert will summarize several changes which have taken place since 1997 when the Ridge Trail brochure and order form were originally printed.

1. A second edition of the guidebook *Bay Area Ridge Trail – Ridgetop Adventures Above San Francisco Bay* was published by Wilderness Press in 2002. The page numbers in the brochure refer to the first edition. The book is available in many bookstores and can be ordered on the web from amazon.com.
2. The new book describes the following trails which were added to the Ridge Trail after the publication of the first edition.

West Bay Quadrant

- Loma Alta Open Space Preserve (3.7 miles)
- Indian Tree to O'Hair Park (9.0 miles)

North Bay Quadrant

- Jack London State Park (11.7 miles)
- Hiddenbrooke Trail (5.0 miles)

East Bay Quadrant

- Five Canyons Regional Open Space (5.4 miles)
- Joseph Grant County Park (6.0 miles)
- Alum Rock Park/Boccardo Trail (3.1 miles)

South Bay Quadrant

- Mount Madonna County Park (3.1 Miles)

Several more trails have been added to the Bay Area Ridge Trail since 2002 including a 10.5 mile segment that includes the Marin Council BSA's Camp Tamarancho. The new trails will be covered when the next edition of the guide is published. The map on the Bay Area Ridge Trail's website shows the entire route of the Ridge Trail and the portions now open to the public.

3. The prices quoted in the order form are outdated. The individual segment patches now cost \$2.50 each. Please check with the South Bay Scout Shop at 408-279-2086 for shipping and handling.
4. The current address of the Bay Area Ridge Trail Council is:

1007 General Kennedy Ave., Suite 3
San Francisco, CA 94129-1405

Tel. 415-561-2595
Website: www.ridgetrail.org

The Ridge Trail Council welcomes members and donations to support its efforts to complete a continuous public trail on the ridges around San Francisco Bay

5. After you finish the Bay Area Ridge Trail patch program, you might want to check out hiking patches for other trails in the San Francisco Bay Area.

Rim of the Bay Patch (San Francisco Bay Area Council)
www.sfbac.org/forms/rimpatiches2.pdf

Highlanders (Mt. Diablo Silverado Council)
www.bsa-indsc.org/highlander.shtml