

T728 packing list, reduced for Greider

(2/27/2011)

Personal Gear

PACKING	
<input type="checkbox"/>	Back Pack: Duffel OK for Greider—don't run out and buy anything
<input type="checkbox"/>	Waterproof Pack Cover (Covers entire pack)—Not required for Greider.
<input type="checkbox"/>	Zip Lock Freezer Bags (1 gallon) – good way to pack clothes to keep them dry and organized.

SLEEPING	
<input type="checkbox"/>	Sleeping Bag rectangular “sleepover” bag will work in the heated lodge at Greider
<input type="checkbox"/>	Sleeping Clothes: shorts, t-shirt, pajamas, whatever they want to sleep in
<input type="checkbox"/>	Foam Ground Pad or Therm-a-Rest [®] mattress. May not be needed—in the past, Greider had mattresses available.
<input type="checkbox"/>	Small pillow—optional. Can just fold up a fleece jacket

CLOTHING:	
Avoid cotton. For Greider this isn't 100% required	
<input type="checkbox"/>	Hiking Boots (waterproofed, sturdy, good fitting). They need something waterproof for the time they are outside during TTFC. Hiking boots aren't strictly required for this outing, but they will need them for all future outings.
<input type="checkbox"/>	Heavy Hiking Socks (wool/polyester) –nice, but not required for Greider.
<input type="checkbox"/>	Liner Socks (polypropylene) – 2-3 pairs – no cotton
<input type="checkbox"/>	Underwear (synthetic) – 2-3 pair – Cotton is OK for Greider.
<input type="checkbox"/>	T-Shirts (synthetic) – 2. 50/50 cotton/poly is OK for Greider. Sporting Goods stores like Big 5 have inexpensive synthetic t-shirts
<input type="checkbox"/>	Wide-brimmed Rain/Sun Hat —A troop hat will work for Greider.
<input type="checkbox"/>	Convertible Pants (synthetic, zip-off legs) BSA “Switchback” uniform pants are great. Other synthetic pants if you have them. Send a second pair of something as a backup. They will survive at Greider in blue jeans, but get something synthetic before Eagle Fern.
<input type="checkbox"/>	Long Sleeve lightweight synthetic shirt —If you have it. A sweatshirt with some polyester will work if you don't.
<input type="checkbox"/>	Old athletic shoes: better to wear for the ¼-mile run on the fitness test than hiking boots. They are likely to get muddy.
<input type="checkbox"/>	Cotton Gym Socks – to wear with athletic shoes
<input type="checkbox"/>	Thermal Underwear (midweight synthetic top or light fleece pullover, and bottoms)—if you have it.

LAYER C – (COLD)	
<input type="checkbox"/>	Stocking Hat (Wool or polar fleece) This is important to keep them warm.
<input type="checkbox"/>	Coat or Jacket: This is important to keep them warm
<input type="checkbox"/>	Gloves: This is important to keep them warm.

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LAYER D – COLD, WET, WINDY

Rain Jacket & Rain Pants (waterproof, lightweight, breathable - **GORTEX**[®] or something similar): The “lightweight” part is essential for backpacking, but Greider is car camping. Something insulated and waterproof is OK for Greider, but if you are buying something new, get an un-insulated breathable shell and layer it with fleece. If it is really raining, rain pants are required to stay dry. Ponchos are guaranteed to result in wet, cold, unhappy boys if there is anything more than a slight drizzle.

EATING

Deep Plastic Bowl (or Squishy Bowl[®]) with mesh drying bag: any plastic bowl is fine for Greider. A mesh bag is nice, but any sort of bag that will contain their dishes and utensils is fine.

Plastic Insulated Mug with lid.

Durable plastic knife, fork and spoon or “spork”.

Water Bottles: One water bottle of any sort is fine for Greider.

PERSONAL STUFF

Tooth Brush

Tooth Paste (travel size)

Lip Balm / Chap Stick (Carmex[®])

Multi-Vitamins (One-a-Day type, for entire trip!)

Tylenol / Advil (with Parent written approval)

PRESCRIPTION MEDICATIONS –Discuss any required prescriptions with the Scoutmaster if a parent or guardian isn’t going on the outing.

~~VERY small, personal Foot Care Kit (blister pads and Mole Skin[®])~~

~~Money (\$10-15 on trail)~~

~~Sun Glasses (UV protection) – Hard Shell Case~~

Headlamp and spare batteries: an ordinary flashlight is OK for Greider

~~Watch (with alarm):~~

Whistle: this is part of the “10 Essentials” but is not absolutely required for this first outing

~~Pencil or pen and notepad (in baggie)~~

~~Bandanna (lightweight washcloths, and to wipe off sweat during hikes) – 2~~

~~Small Towel (for clean up and shower, backpacker type is best)~~

Tall Kitchen Trash Bags – one might be useful at Greider.

Ditty Bags 2 – (one for *mini-bear bag” for personal smellables, and one for non-smellables): One is fine for Greider—we won’t be hanging bear bags!

Sit Pad or Sleeping Pad Chair Kit or camper’s stool: Not required. Adults might want to bring a folding chair.

Work Gloves (cheap): Optional: there may be a small service project, but work gloves aren’t critical.

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- Compass: Part of the 10 Essentials for future outings, but don't worry about it at Greider.
- 15 ft. of the lightest weight parachute cord – useful, but not required for Greider
- Pocket knife
- Matches / Fire Starter in small waterproof container (orange type is best): for Greider, just put some matches in a small zip-lock bag
- Day Pack (lightweight): possibly useful, but not required for Greider
- Sun Screen/Block: part of the 10 Essentials, but unlikely to be used at Greider
- Insect Repellant part of the 10 Essentials, but unlikely to be used at Greider

Optional --

- Small Camera (disposable is best)
- Prescription Glasses in Hard Shell Case, ~~extra contact lenses~~
- Lightweight Comb/Brush
- Trekking Poles—*Highly Recommend!*
- Swimming Suit / Nylon Gym Shorts
- Gaiters—short
- hand lotion
- mesh bag (can be used to dry clothes on backpack while hiking)

Equipment Notes:

- ❖ ~~We have found that zip lock bags don't keep the air out, and the bags expand. If you can, use a compression bag to store clothes in.~~
- ❖ ~~All Clothes and sleeping bag need to be protected from moisture. Must be protected by a plastic bag inside a stuff bag, or a waterproof bag.~~
- ❖ ~~Pants/Shorts should have lightweight internal belt (synthetic) with small plastic buckle~~
- ❖ ~~Everyone needs "In Camp" shoes, separate from their hiking boots. This will give their boots a chance to dry out, comfort in camp. Will use these shoes for some camp activities.~~
- ❖ ~~Be sure the Rain Gear is WATERPROOF and BREATHABLE material, GORTEX or similar. Treat with Nikwax TX Direct (DWR) if needed.~~
- ❖ ~~Clearly mark one of your Nalgene bottles for drink mixes. This will be the only one that gets anything other than water.~~
- ❖ ~~If you want your Son to take Advil/Tylenol, he can bring his own with a signed permission slip. We will not supply the entire crew.~~
- ❖ ~~The Personal First Aid Kit is just for blister/foot care. We will have a well stocked Crew First Aid kit.~~
- ❖ ~~Day Pack will be used on side hikes, like to Mt. Baldy. This should be shared with tent partner. If your side hike includes a commissary pick-up, you will probably bring several empty backpacks for the food pick-up on the way back.~~
- ❖ ~~Deleted second shirt from Layer B~~

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**** DO NOT BRING THE FOLLOWING ITEMS ****

Ponchos of any kind

Plastic or Rubberized Rain Gear (They weigh a ton, very hot, don't breath)

Anything packed in Glass

Any "aerosol" sprays in cans

ANY ENTERTAINMENT ELECTRONICS (Walkman, Games, MP-3 Players, etc.)