# CAMPING TRIP PACKING LISTS

Packing for a camping trip can be an overwhelming task. Overpacking for camp is a common error, especially for first-year campers. But you also have to make sure you pack everything you will need. Following are several CAMPING TRIP PACKING LISTS. Choose the one that best matches the type of trip you will be attending and print it out. For backpacking trips, also print out LOADING A BACKPACK and BACKPACKING COMFORT TIPS. These packing lists will apply for most camping trips, however, some trips (such as canoe trips, cycling trips, caving trips, etc.) will have special packing requirements. So you should always attend the troop meetings before each trip when the details for the trip are discussed. Then you will find out about any special packing requirements for each camping trip. Please stick to the equipment and clothing on the list. It is recommended that you permanently mark your name (or initials) and troop number on all your equipment items, especially for summer camp and a camporee. Follow these packing lists and maybe you can avoid that, "Oh, no, I forgot ..." scenario.

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### THINGS NOT TO BRING ON CAMPING TRIPS

- O Clothing with words and/or symbols not consistent with Scouting principles
- O Televisions, stereos/radios/cassette/CD players (boom boxes), cell phones, pagers, electronic games, and other electronic devices
- Aerosol spray cans of any kind (including deodorant, insect repellent, hair spray, paint, etc.)
- O Hunting and sheath knives
- Sling shots and other weapons
- O Candles and candle lanterns
- O Pressurized (liquid fueled) lanterns and equipment
- O Gasoline, kerosene, and other liquid fuels
- **⊘** Fireworks
- O Guns and ammunition
- O Paintball guns
- O Bows and arrows
- O Cigarettes, snuff, and other tobacco products
- O Beer and other alcoholic beverages
- Illegal drugs and controlled substances

## **TENT CAMPING - SUMMER**

(warm/hot weather)

CLOTHING	CAMPING GEAR
☐ Waterproof boots	☐ Flashlight with extra batteries and extra bulb
☐ Extra sneakers or shoes	☐ Mess kit (plate, bowl, and cup)
☐ Long-sleeved shirt and/or sweatshirt	☐ Utensil kit (knife, fork, and spoon)
☐ Blue jeans or other long pants	☐ Sunscreen and/or suntan lotion
☐ Sweat suit for sleeping	☐ Lip balm
☐ Swim trunks (if swimming is planned)	☐ Insect repellent (NON-AEROSOL)
Daily change of clothes:	☐ Laundry bag
☐ Short-sleeved shirts, T-shirts, tank tops, etc.	$\square$ 2 garbage bags (for storage, carrying items, etc.)
☐ Shorts	$\square$ Boy Scout Handbook
☐ Socks (twice as many if wet weather)	☐ Notebook and pencils or pens
☐ Underwear	☐ Backpack, duffel bag, or suitcase to carry everything in
OUTERWEAR	<b>OPTIONAL ITEMS</b> you may be glad you brought
☐ Jacket and/or sweater	☐ Pillow or air pillow
☐ Hooded sweatshirt	$\square$ Blanket(s) and/or space blanket
☐ Poncho or raincoat and rainhat	☐ Personal First Aid Kit
	☐ Canteen or water bottle (with water)
PERSONAL ITEMS	☐ Metal or plastic mirror
☐ Pocket knife – <i>NO</i> sheath knives	□ Compass
☐ Totin' Chip card	☐ Folding camp chair
☐ Hand soap in container	☐ Wooden matches in waterproof container
☐ Washcloth	☐ Fire starters
$\square$ 2 towels	☐ Nylon cord for clothesline
☐ Shampoo (if showers are available)	□ Clothespins
□ Toothbrush	☐ Toilet paper
☐ Toothpaste	☐ Camera, film, and extra batteries
$\square$ Deodorant (NON-AEROSOL)	☐ Small personal AM/FM stereo cassette/CD player
☐ Comb and/or brush	with earphones
	☐ Hat or cap
BEDDING	☐ Hiking boots or other sturdy shoes
☐ Tent – 1 per 2 Scouts	☐ Shower thongs (if showers are available)
☐ Plastic ground cloth for under tent	□ Sunglasses
☐ Summer weight sleeping bag	□ Watch
☐ Foam sleeping pad or air mattress	☐ Spending money

## TENT CAMPING - SPRING OR FALL

(cool/cold weather)

CLOTHING	CAMPING GEAR
☐ Waterproof boots or winter boots	☐ Flashlight with extra batteries and extra bulb
☐ Extra sneakers or shoes	☐ Mess kit (plate, bowl, and cup)
☐ Sweatshirt	☐ Utensil kit (knife, fork, and spoon)
☐ Short-sleeved shirt or T-shirt	☐ Laundry bag
☐ Shorts	$\square$ 2 garbage bags (for storage, carrying items, etc.)
☐ Sweat suit for sleeping	$\square$ Boy Scout Handbook
☐ Long thermal underwear (shirt and pants)	☐ Notebook and pencils or pens
(2 pair for cold weather – 1 for day, 1 for night)	☐ Backpack, duffel bag, or suitcase to carry everything in
Daily change of clothes:	
☐ Long-sleeved shirts	OPTIONAL ITEMS you may be glad you brought
☐ Blue jeans or other long pants	☐ Pillow or air pillow
☐ Socks (twice as many if wet weather)	☐ Sleeping bag liner, blanket(s), and/or space blanket
☐ Underwear	☐ Hand Warmer packets
	☐ Personal First Aid Kit
OUTERWEAR	☐ Canteen or water bottle (with water)
☐ Winter coat with hood	☐ Metal or plastic mirror
☐ Cloth stocking cap	$\square$ Compass
☐ Gloves or mittens	☐ Folding camp chair
☐ Jacket and/or sweater	☐ Wooden matches in waterproof container
☐ Hooded sweatshirt	☐ Fire starters
☐ Poncho or raincoat and rainhat	☐ Nylon cord for clothesline
	☐ Clothespins
PERSONAL ITEMS	☐ Sunscreen and/or suntan lotion
☐ Pocket knife – <u>NO</u> sheath knives	☐ Lip balm
☐ Totin' Chip card	☐ Insect repellent (NON-AEROSOL)
☐ Hand soap in container	☐ Toilet paper
☐ Washcloth	☐ Camera, film, and extra batteries
$\square$ 2 towels	☐ Small personal AM/FM stereo cassette/CD player
☐ Shampoo (if showers are available)	with earphones
□ Toothbrush	☐ Hat or cap
$\Box$ Toothpaste	☐ Hiking boots or other sturdy shoes
$\square$ Deodorant (NON-AEROSOL)	☐ Shower thongs (if showers are available)
☐ Comb and/or brush	☐ Sunglasses
	□ Watch
BEDDING	☐ Spending money
☐ Tent – 1 per 2 Scouts	
☐ Plastic ground cloth for under tent	
☐ Winter weight sleeping bag	
☐ Foam sleeping pad or air mattress	
(air mattress NOT recommended for cold weather)	

Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants are especially important items to consider made from these fabrics.

## **CAMPOREE**

Follow the above **TENT CAMPING – SPRING OR FALL** packing list and add:

Class A uniform (Boy Scout uniform shirt)

Class B uniform (Troop 213 T-shirt or other Boy Scout T-shirt)

## **CABIN CAMPING - WINTER**

(cold weather)

<u>CLOTHING</u>	CAMPING GEAR
☐ Winter boots	☐ Flashlight with extra batteries and extra bulb
☐ Extra sneakers or shoes	☐ Mess kit (plate, bowl, and cup)
☐ Sweatshirt	☐ Utensil kit (knife, fork, and spoon)
☐ Sweat suit for sleeping	☐ Laundry bag
☐ Long thermal underwear (shirt and pants)	☐ 2 garbage bags (for storage, carrying items, etc.)
(2 pair – 1 for day, 1 for night)	☐ Boy Scout Handbook
Daily change of clothes:	☐ Notebook and pencils or pens
☐ Long-sleeved shirts	☐ Backpack, duffel bag, or suitcase to carry everything in
☐ Blue jeans or other long pants	
☐ Socks (twice as many if wet weather)	<b>OPTIONAL ITEMS</b> you may be glad you brought
□ Underwear	☐ Cardboard to put on cot springs (3 feet x 6 feet)
	☐ Foam sleeping pad or air mattress
<u>OUTERWEAR</u>	☐ Pillow or air pillow
☐ Winter coat with hood	☐ Sleeping bag liner, blanket(s), and/or space blanket
☐ Cloth stocking cap	☐ Hand Warmer packets
☐ Gloves or mittens	☐ Personal First Aid Kit
☐ Hooded sweatshirt	☐ Canteen or water bottle (with water)
	☐ Metal or plastic mirror
PERSONAL ITEMS	□ Compass
$\square$ Pocket knife – <u>NO</u> sheath knives	☐ Folding camp chair
☐ Totin' Chip card	☐ Wooden matches in waterproof container
☐ Hand soap in container	☐ Fire starters
☐ Washcloth	☐ Nylon cord for clothesline
$\square$ 2 towels	☐ Clothespins
☐ Shampoo (if showers are available)	☐ Lip balm
☐ Toothbrush	☐ Toilet paper
☐ Toothpaste	☐ Camera, film, and extra batteries
☐ Deodorant (NON-AEROSOL)	☐ Small personal AM/FM stereo cassette/CD player
☐ Comb and/or brush	with earphones
	☐ Hat or cap
BEDDING	☐ Shower thongs (if showers are available)
☐ Winter weight sleeping bag	☐ Sunglasses
	☐ Watch
	☐ Spending money

Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants are especially important items to consider made from these fabrics.

## BACKPACKING - SPRING OR FALL

(cool/cold weather)

CLOTHING	CAMPING GEAR
☐ Hiking boots	☐ Flashlight with extra batteries and extra bulb
☐ Extra sneakers or shoes	☐ Mess kit (plate, bowl, and cup)
☐ Sweatshirt	☐ Utensil kit (knife, fork, and spoon)
☐ Short-sleeved shirt or T-shirt	☐ Canteen or water bottle (with water)
☐ Shorts	☐ Sunscreen and/or suntan lotion
☐ Sweat suit for sleeping	☐ Lip balm
☐ Long thermal underwear (shirt and pants)	☐ Insect repellent (NON-AEROSOL)
(2 pair for cold weather – 1 for day, 1 for night)	☐ Laundry bag
1 change of clothes:	$\square$ 2 garbage bags (for storage, carrying items, etc.)
☐ Long-sleeved shirt	☐ Boy Scout Handbook
☐ Blue jeans or other long pants	☐ Notebook and pencils or pens
☐ Thick outer socks (wool or synthetic) for hiking	☐ Backpack to carry everything in
☐ Thin liner socks (silk or synthetic) for hiking	
☐ Regular socks for in-camp	<b>OPTIONAL ITEMS</b> you may be glad you brought
☐ Underwear	☐ Camp pillow or air pillow
	$\square$ Sleeping bag liner, blanket(s), and/or space blanket
<u>OUTERWEAR</u>	☐ Hand Warmer packets
☐ Cloth stocking cap	☐ Personal First Aid Kit
☐ Gloves or mittens	☐ Moleskin
☐ Jacket, sweater, or hooded sweatshirt	☐ Metal or plastic mirror
☐ Poncho or raincoat and rainhat	☐ Emergency signal whistle
	☐ Map of the area
PERSONAL ITEMS	$\square$ Compass
$\square$ Pocket knife – <u>NO</u> sheath knives	☐ Wooden matches in waterproof container
☐ Totin' Chip card	☐ Fire starters
☐ Hand soap in container	☐ Nylon cord
☐ Washcloth	☐ Toilet paper
☐ Towel	☐ Camera, film, and extra batteries
☐ Toothbrush	☐ Hat, cap, or bandanna
☐ Toothpaste	☐ Sunglasses
$\square$ Deodorant (NON-AEROSOL)	□ Watch
☐ Comb and/or brush	☐ Spending money
BEDDING	
$\square$ Tent – 1 per 2 Scouts	
☐ Plastic ground cloth for under tent	
☐ Winter weight sleeping bag	
☐ Foam sleeping pad or air mattress	
(air mattress NOT recommended for cold weather)	

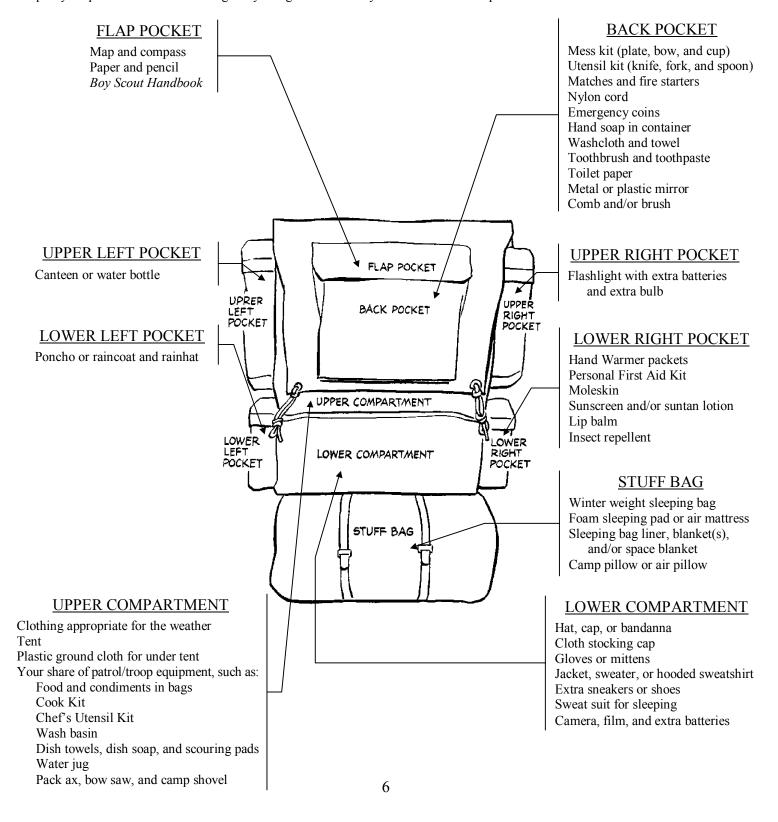
Size and weight are important things to consider when packing for a backpacking trip. You don't want to carry big, bulky items or any unnecessary, additional weight – but you also want to make sure you have everything you'll need. Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants and thin liner socks are especially important items to consider made from these fabrics. In addition to the above items, you'll have to carry your share of food and patrol/troop equipment, too. When you leave your house, there should be some extra space in your backpack to add these items which will be distributed at the departure place. Your full backpack should weigh no more than 20% (1/5) of your body weight. And remember – you bring it, you carry it!

### LOADING A BACKPACK

Once you've determined what to carry, the next step is to pack it for the trail. Small, frequently used items go in your pockets – your pocket knife, whistle, matches, a few adhesive bandages, etc.

Equipment you won't need until you make camp can go deep in the pack, but a sweatshirt, clean socks, and your lunch should ride just under the main flap. Carry your map and compass, paper and pencil, canteen, rain gear, flashlight, personal first aid kit, sun and insect protection, and trail snacks in the pack's outside pockets. Always return each small item to a specific pocket of your pack so you can locate it quickly.

Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back. Place heavy gear at the top of your pack so that its center of gravity is high and close to your shoulders. Your pack should also be balanced from side-to-side.



### BACKPACKING COMFORT TIPS

#### YOUR BACKPACK:

- Backpacks come in different styles and sizes an external frame pack with outside pockets, padded shoulder straps, and a padded hip belt is recommended and make sure it fits you properly and comfortably
- Don't borrow a backpack from an adult or bigger brother, especially an older-style one it probably won't be properly sized for you and the newer style packs are much lighter and easier to carry
- If you don't want to spend the money to buy a good pack, consider renting one from a local outfitter such as Exkursion in Monroeville
- Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back
- Place lighter items at the bottom and heavier items at the top of your pack so that its center of gravity is high and close to your shoulders your pack should also be balanced from side-to-side
- Place items you need to get quickly (flashlight, poncho, canteen, First Aid Kit, etc.) at the very top of the pack or in the outside pockets, if your pack has them
- <u>DON'T OVERPACK!</u> your full backpack should weigh no more than 20% (1/5) of your body weight, and remember, you'll have to add your share of food and patrol/troop equipment, too

### CARE OF YOUR FEET:

- Make sure your toenails are trimmed properly
- Wash your feet thoroughly before putting on socks
- Wear two pair of socks to keep your hiking boots from rubbing against your feet, making blisters, and to "wick" the moisture away from your feet the first pair should be thin liner socks (silk or synthetic), the second pair should be thick outer socks (wool or synthetic)
- Wear a pair of good-quality hiking boots with a thick rubber sole boots must be broken-in before hiking, don't wear a pair of brand-new hiking boots!
- Upon reaching camp, take off your hiking boots and both pair of socks and put on one pair of clean, dry regular socks and sneakers or other comfortable shoes to give your feet a rest
- When breaking camp and beginning to hike again, take off your sneakers and socks and put on two pair of clean, dry socks (thin liner socks and thick outer socks as described above) and hiking boots

#### KEEPING WARM DURING THE DAY:

- Don't wear a heavy winter coat
- Dress in layers wear an undershirt (T-shirt), a long-sleeved shirt (flannel is good), one or two sweatshirts or sweaters, and a jacket or light coat as you warm up, you can "peel off" layers to stay comfortable

### KEEPING WARM DURING THE NIGHT:

- Use a warm, winter weight sleeping bag or use a sleeping bag liner or a blanket wrapped inside a light weight sleeping bag make sure you have insulation underneath you, too, because most of the heat escapes through the bottom of the bag into the ground
- Use a foam sleeping pad or air mattress for both comfort and warmth since it helps to block the heat escape, too –
  an air mattress is NOT recommended for cold weather because the air in the mattress will be as cold as the ground
  and will make you cold
- <u>NEVER</u> wear the same clothes at night that you've been wearing all day, they're damp from perspiration and this dampness will make you VERY cold at night <u>ALWAYS</u> take off your day clothes and put on clean, dry night clothes before getting into your sleeping bag (this includes changing your underwear, long thermal underwear, and socks)
- Wear long thermal underwear shirt and pants and a sweat suit don't wear the sweatshirt or jacket you wore during the day either, they're damp, too
- Wear clean, dry socks and a clean, dry cloth stocking cap to keep your feet and head warm most of your body heat escapes from these areas

# **SUMMER CAMP**

(warm/hot weather)

CLOTHING	CAMPING GEAR
<u>CLOTHING</u> ☐ Waterproof boots	☐ Flashlight with extra batteries and extra bulb
☐ Hiking boots or other sturdy shoes	☐ Mess kit (plate, bowl, and cup)
☐ Extra sneakers or shoes	☐ Utensil kit (knife, fork, and spoon)
☐ Long-sleeved shirt or sweatshirt	☐ Canteen or water bottle (with water)
☐ Blue jeans or other long pants	□ Compass
☐ Class A uniform (Boy Scout uniform shirt)	☐ Sunscreen and/or suntan lotion
☐ Class B uniform (Troop 213 or other Scout T-shirt)	☐ Lip balm
☐ Sweat suit for sleeping	☐ Insect repellent (NON-AEROSOL)
☐ Swim trunks	□ Nylon cord for clothesline
Daily change of clothes:	☐ Clothespins
☐ Short-sleeved shirts, T-shirts, tank tops, etc.	☐ Laundry bag
☐ Shorts	☐ 2 garbage bags (for storage, carrying items, etc.)
☐ Socks (twice as many if wet weather)	☐ Boy Scout Handbook
☐ Underwear	☐ Merit badge pamphlets
_ 0.1.424	☐ Any special equipment for the merit badges you are taking
<u>OUTERWEAR</u>	☐ Completed merit badge work for any pre-camp requirements
☐ Jacket and/or sweater	□ Notebook and pencils or pens
☐ Hooded sweatshirt	☐ Footlocker or plastic storage trunk/locker to keep everything in
☐ Poncho or raincoat and rainhat	
	OPTIONAL ITEMS you may be glad you brought
PERSONAL ITEMS	☐ Tarp and ropes to put over tent for extra rain protection
$\square$ Pocket knife – $\underline{NO}$ sheath knives	☐ Small rug
☐ Totin' Chip card	☐ Battery-operated lantern and extra batteries
☐ Hand soap in container	☐ Foam sleeping pad or air mattress
☐ Washcloth	☐ Pillow or air pillow
☐ 2 towels	☐ Blanket(s) and/or space blanket
☐ Shampoo	☐ Personal First Aid Kit
☐ Toothbrush	☐ Metal or plastic mirror
☐ Toothpaste	☐ Folding camp chair
☐ Deodorant (NON-AEROSOL)	☐ Wooden matches in waterproof container
☐ Comb and/or brush	☐ Fire starters
	☐ Toilet paper
BEDDING	☐ Camera, film, and extra batteries
☐ Summer weight sleeping bag	☐ Fishing equipment
$\square$ Cardboard to put on cot springs (3 feet x 6 feet)	☐ Frisbee, football, softball, etc.
	☐ Hat or cap
	☐ Shower thongs
	☐ Sunglasses
	□ Watch
	☐ Any prescription medications
	☐ Spending money for the Trading Post