

Tennessee High Adventure Packing List

Backpacks:

Scouts will need a pack with an internal or external frame, with a hip belt that transfers the weight to their hips instead of carrying it on their shoulders. Knapsacks, book bags or even Duluth-style portage packs aren't appropriate and will make backpacking unpleasant.

If you don't have one, you have 3 choices:

- 1) Buy one with suitable models going for just over \$100 from Cabelas, Lee's, etc.
- 2) Rent one at Lee's. The crews that went to Philmont 2 years ago rented packs for about \$20 for 3 weeks. Reserve now to avoid disappointments.
- 3) Most economical would be to borrow one. There are dozens of current Scouts and alumni who are not going on this trip who will loan you a pack if asked. Check with Mr. Sidney for additional names if necessary.

A good rule of thumb is to not have the packs weigh more than 10%-20% of the scouts total weight. This will include tent, sleeping bag, food and clothes so plan appropriately.

Tents:

Scouts should plan to share a tent for sleeping with another Scout. Weight borne by each Scout is less if part of the tent can be divided among two or more packers. **BSA rules are that adults tent alone or with other adults or with only their sons.

Additional equipment and food:

If needed, the troop has Pur water filters or iodine for water purification. Also, stoves, pots, essential utensils-Scouts do not need to get this stuff.

The food list for requested food should be submitted to the troop by April 14, 2008-each Scout will be responsible for carrying their own food (4 days worth) during the backpacking portion of this trip. This is good, nutritious stuff and will be ample in calories and nutrition for 4 days. Scouts are DISCOURAGED from packing extra cookies, trail mix, etc. Hoarding secret food is traditional but it is un-Scout-like; sharing is the message on a trip like this. These extras also create both volume and weight problems with packing and may attract undesirable creatures to your tent.

Personal Packing List:

Hygiene: camp suds, a towel, toothbrush and toothpaste. You will not need more than 3 or 4 oz of camp suds for the trip. Viscose camping "towels" are similar to a swimmers Sammy and are light, small and quick to dry. A regular small terry towel is fine but make it dark in color-it dries faster in the sun. Add sunscreen and insect repellent (small tubes) and you are set.

Mess Kit: Silverware and a mess kit plate: you can drink out of your canteen/nalgene bottle so you don't need a separate cup. You can cut anything with your pocket knife-most of the food carried can be eaten with a spoon.

First Aid: Bring individual first aid kits with band-aids and moleskin, pain killers and topical antibiotics and itch cream.

Footwear: This is the most important clothing choice. Scouts will need support for ankles while carrying a heavy pack and protection from hard rocks and roots. This is not the time for Teva Sandals or Nike basketball shoes. Boots will be more important than a new backpack or high-tech tent. You can get some expensive to moderate priced heavy boots made for backpacking or you can get Army surplus, Vietnam jungle boots for about \$60 which will do the job. Get them now or break them in well in advance of the trip. Badly blistered feet or sprained or broken ankles wreck the trek for your group because the others will have to carry you and your pack!

You should also wear and bring an extra pair of wool socks with thin nylon liners socks if your prefer. Commercially available hiking socks made of synthetic wicking fiber are OK-Don't bring or wear white cotton socks or you will probably get blisters and always have wet feet. One change of socks is enough-you have to carry this stuff. Light sandals or loafer is good for around camp.

Clothing: Long pants, shorts, t-shirt, fleece top, rain parka, swim suit, hat. 1 extra pair of underwear and socks. Scout pants and shorts are highly suitable and you own them already. If you are buying, Dickies work pants: they are durable, part synthetic so they dry quickly and cost about \$14 on sale. You will need long sleeves and pants for insect protection and abrasion protection from the environment.

Sleeping: Compact, light sleeping bag or blanket. For pajamas, try polypropylene long underwear-its light and compresses to a small size.

Also bring: pocket knife, compass, lighter or waterproof matches, 50 feet of parachute cord or 1/2" line and flashlight. Optional equipment could include binoculars and camera.