

# Needed Personal Equipment

## Ankeny Troop 182

**Scout Book and Merit Badge Sash** – Buy these at the Boy Scout Shop (6123 Scout Trail, Des Moines). We recommend the spiral bound book because the pages don't get torn out as easy. The book cover is also well worth the money. They use their book at every meeting and every campout. The sash is only worn at formal ceremonies.

### Gear Notes / Preferred Equipment

**1) "Go Bag"** – This is any old school backpack or a purchased specified for a daypack. They just need a bag to hold the 11 essential items for all Troop Meetings and Campouts. The items that should be included are:

1. **Pocketknife or multitool.** You need to earn your Totin' Chip before you can use this.
2. **Small first-aid kit** (Band-aids, gauze, tape, Neosporin and mole skin in a Ziploc baggie)
3. **Scout Book** – Be sure you have a pen and a pencil
4. **Rain gear** (Large garbage bag works in a pinch). Ponchos are popular with the scouts but don't always keep them dry or warm in heavy storms. Vinyl rain suits start at \$15 at Wal-Mart. Dri-Ducks \$15-\$25. After they slow down growing, high quality, durable, fabric rain suits (Frogg Toggs) can be found for \$30-\$100.
5. **Flashlight or Headlamp** - Start with a cheap flashlight then upgrade when they lose it. With headlamps you get what you pay for. Black Diamond Spot for \$29 is a good choice. Expect to spend \$20+.
6. **Water bottle** – Nalgene style is a good choice
7. **Knot Tying Rope** – This should be a six foot, 3/8 inch solid braid nylon rope.
8. **Matches, lighter or fire starter**
9. **Sun protection** (sunblock, sunglasses, lip balm and/or a wide-brimmed hat)
10. **Compass**
11. **Pencil / Pen, and Notepad**



**2) Storage Tote or Backpack** – Something to hold all their clothes. Totes work great incase it rains and are easy to carry. Any tote will due however we suggest a tote that can hold up to the weather. Several have locking, weather tight lids.



**3) Mess Kit (cup, bowl, plate)** - Nothing fancy - just needs to be durable / non-breakable. They can use Rubbermaid containers or old dishes and utensils from home. They also need a cup for juice / milk. Water bottles can only be used for water. Light My Fire Meal Kit (green/grey below) \$17.00. GSI Cascadian (blue below) \$12. Classic Scout Aluminum (ok but not recommended) \$12.

**Eating utensils** (spoon and fork) - Light My Fire Plastic Spork, \$2.00. Titanium version \$12 - should last a lifetime if they don't lose it.



#### 4) Other Items (in addition to Go Bag) to consider when packing for a campout.

- **Toiletry kit** (toothbrush, toothpaste, comb, deodorant, etc.) – Travel size in a ZipLoc baggie —keep this packed all the times.
- **Rope** – para cord, braided rope or old clothesline.
- **Camp Towel** – old bath or beach towel. Again, just keep it packed all the time.
- **Dress for the Weather** – Look at the forecast. Pack according to the weather. Remember, it can be cool at night and early morning. It is important to dress in layers.
- **Footwear** – sneakers, hiking boots or closed toe sandals. NO OPEN TOE SHOES ALLOWED. Water proof hiking boots are recommended.
- **Thermal Underwear** – layer up when it’s cold, especially at night when they sleep (see sleeping bag section below).
- **Cot** – Most scouts only use cots during summer camp. No Cots are allowed inside Troop owned tents.
- **Camp Chair** – Any portable chair to sit around the campfire.
- **Tent** – Don’t buy a new tent until you know what you’re looking for. Cheap tents leak, blow over and cause problems on campouts. Coleman makes some decent tents but check the rainfly and make sure that’s not too short. Eureka and Kelty are recommended.
- **Ground Pad** – For starters, use a yoga mat or small foam pad. Closed cell foam pads are best. They come in different sizes so pay attention. Stansport closed cell (blue below) \$18, Therm-A-Rest Ridge Rest Solar/SOLite (silver below) \$30-\$60, Therm-A-Rest Trail Lite (green below) \$50-\$70. Watch for end-of-the-season sales.



- **Sleeping Bag** – Start with any sleeping bag you already have; then upgrade for cold weather campouts. You’re going to need a good quality bag for cold weather camping and it’s worth spending a little extra money. (See Cold-Weather Camping Tips). November to March will be cold so you should be looking for 20° to -20° bags. Synthetic is cheaper than down, requires less care, and is warmer when wet. “Mummy” style bags are much warmer than rectangular. Consider getting a sleeping bag that compacts for backpacking. Suisse Sport 0° Alpine \$50, Kelty Mistral 0° \$95, Eureka ThermaShield Wild Basin 0° \$90. Watch for end-of-the-season sales at [www.REI.com](http://www.REI.com), Cabelas and [www.SierraTradingPost.com](http://www.SierraTradingPost.com). Consider getting a compression sack for the backpack to help save on space.



**Label everything with a Sharpie!**