

## Scouts Overnight Hike Kit 1st Neck Point 2012

### Basic Guidelines:

<input type="checkbox"/> Backpack	55 or 65 liter internal frame with padded back pad & hip belt.
<input type="checkbox"/> Pack ratio	25% of body weight junior scout or 30% senior scout.
<input type="checkbox"/> Water proofing	Kit packed to remain dry in the rain. Use rain cover, dry bags, or plastic internal bags.
<input type="checkbox"/> Packing	Single pack with external gear fastened firmly. Heavy gear at your back, medium to outer areas, light/bulky at the bottom .
<input type="checkbox"/> DO NOT BRING	IPods or other similar devices (ear phones are not safe when hiking in a group). Phones are not to be used unless agreed by leaders and parents for individual scouts. Leaders will not be responsible for them being lost or damaged.

### Wearing...

<input type="checkbox"/> Boots	Water proof hiking boots with ankle support, good traction, and they must not be new to the scout.
<input type="checkbox"/> Socks	Two layers of socks that fit well should be changed every day. An inner wicking layer and outer insulating layer.
<input type="checkbox"/> Pants	Cotton (jeans or sweat pants) are not recommended. They should be loose fitting, durable, and fast drying. Adding a wicking layer is recommended.
<input type="checkbox"/> Wicking layer	Layering cloths are proven to be best. The wicking layer should be a thin synthetic underwear that fits close to your skin and is best with long sleeves.
<input type="checkbox"/> Shirt / Jacket	This is considered an insulating/protection layer. Most often includes a shirt and jacket so that temperature can be adjusted while hiking by removing layers. Shirts should be long sleeved, fast drying, and durable. The jacket should be light weight and trap dead air.
<input type="checkbox"/> Rain shell	This is known as the outer shell and must be light weight, rain proof, wind proof and durable. It should allow moisture to pass through or provide lots of ventilation to allow moisture to escape. Gore-Tex is great but not necessary.
<input type="checkbox"/> Hat / Toques	Wide brim can protect from sun and rain. Wear toques in cold.
<input type="checkbox"/> Gloves	Mitts are suggested in winter camps. Nylon or leather gloves are advisable for even summer hiking to provide protection from cuts and scrapes.
<input type="checkbox"/> Belt & Knife	A good leather or nylon belt with pocket knife mounted will be used a lot by a scout and is strongly recommended.

### Packed (personal)...

<input type="checkbox"/> Sleeping bag	Packed in waterproof compression bag.
<input type="checkbox"/> Mattress	A closed cell foam mat is recommended because they do not absorb moisture.
<input type="checkbox"/> Clothes	A minimal change of cloths are req'd. wicking layers, socks, and underwear should be changed everyday. Outer layers may me warn multiple days but at least one complete change should be included. NO COTTON.
<input type="checkbox"/> Mess kit	Folding bowls are great, mug, fork, and spoon.
<input type="checkbox"/> Towel	A single thin, lightweight, and fast drying towel is recommended.
<input type="checkbox"/> Soap	Biodegradable body wash deodorant should be small sizes. Moist wipes are great for washing up.
<input type="checkbox"/> Tooth brush	Small tub of tooth past ALL TOILETRIES SHOULD BE IN A ZIP LOCK BAG.
<input type="checkbox"/> Toilet paper	Pack your own toilet pater. Only what is req'd and into a dry sealed bag.
<input type="checkbox"/> Garbage bag	One or two heavy duty garbage bags are very useful for keeping cloths dry and separating clean from dirty items. If req'd can be used as sheltering in emergency.
<input type="checkbox"/> Water bottle	A camel pack is best for long hikes however water bottles work fine and should be packed where accessible without stopping. Pack 1 or 2 liters or more if advised on longer hikes.
<input type="checkbox"/> Light	LED headlamp are recommended. Some type of light weight flash light is req'd.
<input type="checkbox"/> Bug dope & Sun screen	Small individual bottle is recommended.
<input type="checkbox"/> Matches	Wooden stick matches in a waterproof container are best. Waxed matches or camping flints are good.
<input type="checkbox"/> Medication	Parent must declared with Section Leader for specific instructions.

### Packed (shared)...

<input type="checkbox"/> Tent	Scout group provided light weight dome tents. # of scouts sleep in each tent. They are divided into poles, fly, & tent.
<input type="checkbox"/> First aid / Survival kit	Small individual kits are encouraged to be carried by the Patrol Leaders. The leaders will have larger ones for the group.
<input type="checkbox"/> Stove & Fuel	Scout group provided light weight stoves for each patrol. Divided components and fuel amongst 2 scouts.
<input type="checkbox"/> Pots	Scout group provided light weight. Selection req'd is fry pan, large pot, medium pot, and small pot. Divided among 3 scouts.
<input type="checkbox"/> Kitchen utensils	Serving spoon, spatula, can opener, tongs.
<input type="checkbox"/> Tin foil	Best off the roll and folded into smaller package.
<input type="checkbox"/> Washing bin	Plastic bins will be provided by group. Fabric collapsible water bins pack smaller and are a good idea.
<input type="checkbox"/> Rope / Cord	Ropes will be provided by the group for general purpose. It's a good idea for each youth to pack a small amount of cord.
<input type="checkbox"/> Tarp	Scout group provided small tarps will be divided amongst the older scouts with additional pack room. Plastic sheets are lighter and pack smaller however, they are only good for a single use.
<input type="checkbox"/> Food	Patrols will prepare food lists (with Leader supervision) and divide among the patrol for packing.

### Optional...

<input type="checkbox"/> Compass / GPS	Scouts are encouraged to have there own compass and may also bring a GPS if they have one. If they have these items leaders will work with them to practice there navigating skill and outings.
<input type="checkbox"/> Watch	Scouts are encouraged to have there own water resistant watches. Its always a good idea to track hiking time for planning.
<input type="checkbox"/> Camera	If scouts would like to bring camera's that is fine however they will be there responsibility not the leaders. We recommend minimal cost items that are water/shock resistant.
<input type="checkbox"/> Binoculars	If scouts would like to bring binoculars that's fine. They should be low cost and light weight.