

Troop 537

Backpacking Equipment Guide for Scouts

Boy Scouts of America

**Greater Yosemite Council
Sierra Valley District**



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BOY SCOUT BACKPACKING

Unlike Cub Scouts, Boy Scouts focus much of their activity on outdoor camping and backpacking. Learning to hike, canoe, swim, appreciate and conserve Nature, handle trail emergencies and injuries, make camp, cook food, and sleep comfortably outdoors are some of the principal goals of Boy Scouting. Boy Scouts camp and backpack together in Patrols. Each Scout has his personal equipment, and the Patrol has group equipment that is necessary for a safely and enjoyably experience in the outdoors.

There is often much confusion among parents and newer Scouts about what sort of equipment is needed for backpacking with the Boy Scouts. There is also confusion about where to buy equipment, how much it costs, and how to choose the best equipment. This Backpacking Equipment Guide for Scouts is an attempt to provide some advice for a new Scout to select his personal equipment, based on the experience of Troop 537 leaders.

Taking some time to read this over and talk to the Scoutmasters before going shopping for backpacking equipment can save some time, money, and aggravation.

GEAR EXPENSE

If you go out now and buy all the gear on the Troop 537 Equipment List, you could spend a lot of money. A complete outfit of top quality new gear could cost over a thousand dollars. But you don't need to do that! Keep in mind:

- You do not need all of the gear the day you join,
- Not every piece of gear needs to be top quality (some needs to be, but some does not), and
- Not every piece of gear needs to be new (you can borrow or buy used).

This document is intended to give you an idea of which gear should be good quality, give some suggestions for gear, and give some prioritization to the gear your son will need for outings. Your Scoutmasters and fellow scouters are usually your best resource for information about backpacking and the gear required.

Most of the time scouts outgrow much of their gear before it wears out. One of the most common items is hiking boots. People in the Troop and others you know who go backpacking probably have some gear that you can borrow.

Troop 537's goal is for each scout to have their backpacking gear within a year of joining the Troop. If you borrow gear through the Troop, please return the gear so it will be available for scouts starting the next year.

WHERE TO SHOP

Parents are sometimes bewildered about where to find quality backpacking gear at reasonable prices. While we do not endorse any retailer, brand, or model of gear: we make suggestions about stores and usable gear to consider at fair prices.

The Gold Dust Scout Shop, at the Greater Yosemite Council BSA offices on Technology Drive in Modesto, is the local official Boy Scout supply site. The Scout Store has Boy Scout Uniforms, traditional Boy Scout, and has some good backpacking gear at reasonable prices. The trick is, knowing which is the good gear at a reasonable price.

REI (Recreational Equipment Incorporated) has stores in Stockton, Dublin, Brentwood, Fremont, other locations, and online. REI is a national consumer cooperative selling high quality gear (their own brand and others) at reasonable prices. Their staff will spend time with you selecting your equipment. They have a satisfaction guarantee on what they sell, and becoming a member gives you discounts and an annual dividend. They are also online at www.rei.com.

There are many other sporting goods stores in the area. Some of these are Sunrise Mountain Sports, Any Mountain, Dom's Outdoor Outfitters, Sport Chalet, Big 5, Bass Pro Shop, and many others.

Online shopping gives you a way to check and compare gear choices at a number of stores quickly. Some of the best online backpacking gear store websites are (there are many more):

CAMP MOR:	www.campmor.com
Backcountry:	www.backcountry.com
Moosejaw:	www.moosejaw.com
GoLite:	www.golite.com
Eastern Mountain Sports:	www.ems.com
Amazon:	www.amazon.com

WHAT DO I BUY?

A listing of the gear that is needed (the Troop 537 Summer Backpacking Personal Equipment List) is provided in this document and on the Troop website (www.bas537.org). First of all do not go and buy everything on the list right away. This typically results in the Scout getting the wrong gear and the parents wasting money. People in the Troop probably have some of the gear that you can borrow. Scouts outgrow much of their gear before it wears out. Also many of the better sporting goods stores (Sunrise Mountain Sports, REI, and others) rent equipment so you can try it out before you buy it. Our goal is that each scout should have their backpacking gear within one year of joining. If you borrow gear, please treat it with respect and return it so the gear will be available for the scouts starting next year.

The Essentials

What does your son really need to have to go backpacking and have a good outdoor experience? Lots of backpacking gear is nice to have but not essential for a beginning weekend campout. Specifically for these essential items, keep the old saying "buy quality once, buy cheap over and over" in mind. Better to borrow or buy used good quality gear than buy new junk.

The main items initially needed are:

- Backpack
- Sleeping bag
- Sleeping pad
- Hiking boots (part of Troop 537 Uniform)
- Raingear
- Personal eating gear
- Water bottles
- Flashlight
- Appropriate hiking clothing
- Survival Kit

Each item is discussed in the gear description section.

Appropriate Backpacking Clothing

Before we discuss each item, I would like to discuss appropriate backpacking clothing. Backpacking clothing has some unique requirements that must be met to keep the Scouts comfortable and safe. Scouts probably already have some of the right clothing in their closet. First, the clothing needs to protect them from the elements of sun, wind, and rain. Second, the clothing needs to function equally well in the cold and heat and everything in between. Third, the clothing needs to breathe as the level of activity changes throughout the day. Fourth, the clothing needs to dry in as little time as possible. Fifth, the clothing needs to be as lightweight as functionally possible. And a sixth for Scouts, the clothing needs to be fairly inexpensive.

The key concept for clothing is layering. Wearing different kinds of clothing to layer one on top of another, so that you can add on or peel off clothing until you feel comfortable. Bulky winter parkas don't work as well on the trail as layers of polyester underwear, fleece mid-layer insulation, and a nylon wind-halting outer layer. Layers are particularly useful when hiking: it involves sweat-producing exercise alternating with chill-producing rests/meals.

There are three basic layers of clothing:

1. Base or Wicking Layer - in direct contact with the skin manages moisture.
2. Insulation Layer - provides warmth when needed.
3. Outer Layer - provides protection from wind and rain.

One fabric to avoid for backpacking is cotton. This includes sweat shirts, socks, boxers, briefs, etc. You can use cotton, but you need to understand its weaknesses and how to use it. Cotton takes an extremely long time to dry, does not wick moisture away from the body but keeps it next to the skin, and when it is wet or damp from sweat it doesn't provide any warmth right when you need the warmth.

The base layer is in direct contact with your skin. It helps regulate your body temperature by moving perspiration (moisture) away from your skin. Keeping dry helps you maintain a cool body temperature in the summer and avoid hypothermia in the winter.

For outdoor comfort, your base layer should be made of synthetic fabrics (such as REI MTS, Capilene, PowerDry, and CoolMax polyester) or merino wool (popularized by brands such as SmartWool, Ibex, and Icebreaker). Rather than absorbing moisture, these fabrics transport (or wick) perspiration away from your skin, dispersing it on the outer surface where it can evaporate. The result is that you stay drier even when you sweat, and your shirt dries faster afterwards.

A base layer can be underwear, socks, and a t-shirt or vary up to long underwear sets (tops and bottoms) and heavy socks. It can be designed to fit snugly or loosely.

The insulating layer helps you retain heat by trapping air close to your body.

Fleece and other synthetics such as Thinsulate or PrimaLoft provide warmth for a variety of conditions. They're lightweight, breathable and insulate even when wet. They also dry fast and have a good warmth-to-weight ratio. Classic fleece's main drawbacks are wind permeability and bulk (it's less compressible than other fabrics). Fleece items for backpacking should be light weight for layering, not heavyweight.

Natural fibers such as wool and goose down are excellent insulators. Merino wool sweaters and shirts offer soft, reliable warmth and keep on insulating even when wet. For very cold and dry conditions, goose down is best. It offers an unbeatable warmth-to-weight ratio and is highly compressible. Down's main drawback is that it must be kept dry to maintain its insulating ability. Down is not recommended for our scouts. A new innovation (water-resistant down) may change this, currently it is expensive.

The requirements for the insulation layer change as your activities do. The easiest way to deal with this is to use multiple layers. Your base layer will typically provide enough warmth while hiking in cool weather or when stopped for a short period in warmer weather. A shirt may be added when stopped for a prolonged period. A jacket could be needed at camp after dark or in the early morning. Troop 537's gear list is designed to have the clothing work together in layers to keep you warm for various activities, while minimizing the weight.

The outer layer or shell protects you from wind, rain, and snow. Most shells allow at least some perspiration to escape; virtually all are treated with a durable water repellent finish to make water bead up and roll off the fabric.

An outer shell is an important piece in bad weather, because if wind and water are allowed to penetrate to your inner layers, you begin to feel cold. Furthermore, without proper ventilation, perspiration can't evaporate but instead condenses on the inside of your shell. Fit is another consideration. Your shell layer should be roomy enough to fit easily over other layers and not restrict your movement.

The most functional choices are waterproof and breathable shells; they are best for wet conditions and can be layered for cold conditions. Shells using laminated membranes such as Gore-Tex and eVent offer top performance; those using fabric coatings are a more economical alternative. Gore-Tex jackets and pants can be fairly pricey, so I do not recommend them for young scouts that are growing rapidly. The outer shell should emphasize low weight and packability.

The clothing I generally bring is the same for a weekend trip or a week long 50-miler. For my base layer I have wool hiking socks, moisture wicking boxer briefs, a cold temperature moisture wicking long sleeve top (optional), and moisture wicking Troop t-shirts. My insulating layer consists of a flannel shirt and a lightweight insulated jacket that I can layer for varying conditions. For my outer layer, I have a wind resistant water proof and breathable jacket and pants combination. One key thing to remember to staying warm is when part of you starts to get cold; that is when you put on your wool or fleece cap.

GEAR DESCRIPTIONS

Below is the Troop 537 Summer Backpacking Personal Equipment List, followed by a description of the equipment.

TROOP 537

Summer Backpacking Personal Equipment List

Wear or carry in pockets:

- | | |
|---|---|
| <input type="radio"/> Boonie hat | <input type="radio"/> Hiking boots, waterproof |
| <input type="radio"/> Mosquito headnet | <input type="radio"/> Backpack, properly fitted |
| <input type="radio"/> Troop T-shirt | <input type="radio"/> Hiking staff |
| <input type="radio"/> Underwear, moisture wicking preferred | <input type="radio"/> Pocket knife |
| <input type="radio"/> BDUs with belt & buckle | <input type="radio"/> Gloves, leather |
| <input type="radio"/> Hiking socks | <input type="radio"/> Watch |

Carry where it is readily accessible:

- | | |
|--|--|
| <input type="radio"/> Survival kit | <input type="radio"/> Insect repellent |
| <input type="radio"/> Water bottle(s), at least 1 quart/liter | <input type="radio"/> Sunscreen |
| <input type="radio"/> Backpacker's poncho, or rain suit and backpack cover | <input type="radio"/> Chapstick |
| <input type="radio"/> Flashlight | <input type="radio"/> Toilet paper in Ziploc bag |

Carry inside or attached to pack:

- | | |
|---|--|
| <input type="radio"/> Lunch for each day on the trail – not to exceed 8 oz. per day | |
| <input type="radio"/> Money for food when traveling to/from trip – about \$10 | |
| <input type="checkbox"/> Equipment: | |
| <input type="radio"/> Sleeping bag in waterproof bag | <input type="radio"/> Matches in a waterproof container |
| <input type="radio"/> Sleeping pad | <input type="radio"/> 30 gallon garbage bag |
| <input type="radio"/> Extra flashlight batteries (1 set for every 3 nights) | |
| <input type="checkbox"/> Personal Study Kit: | |
| <input type="radio"/> Notebook (5x7, about 20 pages) | <input type="radio"/> Merit badge books (if required) |
| <input type="radio"/> Personal (pocket) Bible | <input type="radio"/> 2 - Pencils |
| <input type="radio"/> Scout Handbook (if under 1 st Class) | |
| <input type="checkbox"/> Personal Toilet Kit: | |
| <input type="radio"/> Toothbrush | <input type="radio"/> Comb, if appropriate |
| <input type="radio"/> Toothpaste | <input type="radio"/> Backpacker's towel |
| <input type="radio"/> Soap | <input type="radio"/> Medications (as necessary & turn into adults) |
| <input type="checkbox"/> Personal Kitchen Kit: | |
| <input type="radio"/> Hiking cup | <input type="radio"/> Eating utensils, metal or lexan – no plastic |
| <input type="radio"/> Plate or bowl, metal or plastic | <input type="radio"/> 3 - 1 gallon Ziploc bags |
| <input type="checkbox"/> Clothing: | |
| <input type="radio"/> Troop T-shirt | <input type="radio"/> Water shoes/Lightweight shoes |
| <input type="radio"/> BDUs | <input type="radio"/> Wool or fleece cap |
| <input type="radio"/> Underwear, moisture wicking preferred | <input type="radio"/> Flannel shirt/sweatshirt/fleece (no cotton) |
| <input type="radio"/> Hiking socks | <input type="radio"/> Lightweight jacket, water and wind resistant
(may be jacket from rain suit) |
| <input type="radio"/> Swim trunks | |

Backpack

The most obvious need for backpacking is a backpack. You have to take everything you need or want with you for an outing in your backpack. It is important to get a backpack that fits and is comfortable. The best way to determine the proper fit of a backpack is to go to a reputable store (i.e., REI) be sized and try on a weighted backpack. The backpack should have a capacity of approximately 4,000 cubic inches (65 liters).



There are two main categories of backpacks, internal and external frames. Internal frame backpacks are designed to mold closely to the human body and carry the pack weight on the hips. The internal frame design provides the most balance and freedom of movement. External frame backpacks can help you carry very heavy loads, but generally are best for covering easy terrain.

It's always best to try on a pack before buying. Find a good salesperson to help you adjust the pack so that it fits you perfectly. Be sure to put some weight in the pack as well. A completely empty pack will fit and feel very different than one that's loaded down with 30 pounds of gear! Many stores have sandbags that you can put into the packs. Walk around for a little while in the store and climb some stairs to make sure it fits you right.

Troop 537 recommends an internal frame backpack with a minimum capacity of approximately 4,000 cubic inches (65 liters). This may be a bit large for a weekend pack but is necessary for an extended trip, like a 50-miler.

Suggestion for Scouts:
REI Passage 65 – REI

Hiking Boots

A good pair of hiking boots adds comfort and safety to backpacking. A quality boot will have a supportive upper section and a sturdy sole and be designed for both on and off trail travel while carrying packs loaded with up to 45 pounds or more. Low-top or shoe-style hikers are not appropriate for Wilderness backpacking. There are many brands and styles to choose from, be sure to spend adequate time to find one that fits well.



A typical backpacking trip is three-season hikes on moderate to rough trails with loads of 35 to 45 pounds; you will want a midweight boot cut high for ankle support with waterproofed leather uppers.

It is important to break in your boots by wearing them around for several days, taking them out on short hikes, and build up to greater distances. It is extremely important to get a properly fit boot. A good fit will reduce the chance of blisters and lessen the break in time.

Hiking boots are part of the Troop 537 Uniform. I have seen too many scouts show up for a hike or backpacking trip with boots they have not put on for months and surprise, they don't fit. At that point they can either go home, or go on the outing and not say anything until their blisters start to bother them. It is much better to have hiking boots as part of the uniform, so we can make sure the boots fit and that they are broken in.

Suggestion:

HiTech Altitude IV – HiTech Outlet Store in Modesto

Sleeping Bag

The proper sleeping bag can make all the difference between an enjoyable outing and a miserable one. If you have a bad sleeping bag, you will be miserable for the 8 hours you try to sleep. You should take care to make sure you get a sleeping bag that will keep you warm under the most extreme conditions we might face.

A sleeping bag works by trapping and holding air next to your body. Your own body heat warms up this air and keeps you warm. The bag's ability to maintain this heat coupled with its weight will determine how much it costs; the lighter and warmer the bag, the more expensive. Good three-season bags have added features to combat colder temperatures like cinch-able hoods, draft collars, and zipper draft tubes. Do NOT store the sleeping bag in its compression/stuff sack. This damages the insulation and significantly decreases the sleeping bags ability to keep you warm.



Mummy bags are warmer, lighter, and stuff much better than rectangular bags. Why? There is less open air space in a mummy bag for you to warm up, and they stuff better since they have less material. Down is a very light, compressible, and warm fill material that is fairly expensive. Down will not keep you warm if it gets wet. A synthetic fill is usually less expensive, and most importantly it can keep you warm even if it gets wet.

The comfort rating is a guide the company provides as to how their sleeping bag performs. Typically, you should buy a sleeping bag rated at least 10° cooler than what you expect to encounter.

Troop 537 recommends a 20° mummy shape sleeping bag with a synthetic fill that weighs less than 3.5 pounds with a compression sack for Scouts.

Suggestion:

The North Face Cat's Meow – REI
Marmot Trestles +15 – REI

Sleeping Pad

There are several types of thermal pads around, from the simple and inexpensive to those with price tags as thick as the as the pad. The most important part of a pad's function is insulating the body from the cold ground. A sleeping bag will compress against the ground,



giving almost no insulation against losing body heat to the earth (or snow) below.

The simplest type is a closed cell foam pad. Often less than \$10, these pads are very light, and provide good protection against the cold, hard ground. More expensive types of pads exist, including the Therma-Rest brand pads. These are usually self-inflating pads, and can be very comfortable. They provide good insulation, but they are heavier and a puncture will cause the pad to leak and lose its protection from the ground.

Troop 537 recommends a closed cell foam pad; with attach straps (if available).

Suggestion:

Closed cell foam sleeping pad – Big 5

Water Bottles

Bottles should have a wide mouth, leak proof lid, and BPA free plastic. Lid should have some type of keeper strap that connects to bottle. At least one 1-liter bottle is required on backpacking trips, with everyone carrying a minimum of 2 liters of water total. This can be in bottles or a combination of water bottle(s) and a water bladder. The 1-liter water bottle provides for easy water treatment when necessary. Water bladders are convenient, they provide a ready drink at any time; however, they take up space inside your backpack, can be punctured and leak, and the bite valve can be destroyed by animals. During snow camping; no water bladder systems are allowed since they freeze and are hard to fill, and no metal bottles since lips can have a tendency to stick to them.



Troop 537 recommends a minimum of 2 one liter wide mouth, leak proof lid, and BPA free plastic water bottles; or a one liter water bottle and water bladder with a shut off bite valve.

Suggestion:

Nalgene Wide-Mouth Loop-Top Water Bottle – REI

Osprey 3L HydraForm Reservoir – Boy Scout Shop or REI

Personal Eating Gear

A cup, bowl or plate, and a spork (or spoon and fork) are the bare essentials for personal eating gear on the trail. These items can be metal or plastic; however, utensils must be metal or Lexan – not plastic.

- A 12 to 20 ounce plastic or metal mug with a handle and lid (retains heat well and is spill-resistant) is recommended. Travel mugs are not recommended due to their weight and bulk.
- A plastic or metal bowl or plate is recommended. Bowls with lids are handy since the lids make clean up much easier since it only requires a shaking with hot water to remove food residue. A Tupperware container with a lid could be used as a bowl or plate.
- Metal (titanium) or Lexan utensils spork, or spoon and fork work well on the trail.



Troop 537 recommends any plastic or metal mug with a handle, plastic or metal bowl, and metal or Lexan eating utensils.

Suggestion:

- REI Recycled Camp Mug - 12 fl. oz. – REI
- Sea To Summit Delta Bowl with Lid – CAMPMOR
- Sea to Summit Alpha Light Spork – REI

Hiking Staff

Troop 537 uses 60 inch wooden hiking staff to construct shelters from tarps. Wooden handles from a hardware store are fairly inexpensive and work well. The Boy Scout store also sells pine hiking staffs, pine is not as strong as the hardware store wooden handles.

Troop 537 recommends a 60 inch wooden hiking staff.

Suggestion:

- 60 in. x 1-1/8 in. Hardwood Tapered Handel – Home Depot
- Hiking Staff – The Scout Shop

Flashlight

There are two possible sources of light that we can carry: a flashlight or a headlamp. A small, battery-powered headlamp is ideal for hands-free hiking, reading, and camp chores. New LED models burn for many hours on one set of batteries; incandescent bulbs burn through batteries faster thus requiring additional spare batteries.



Troop 537 recommends a small, battery-powered, LED headlamp with an extra set of batteries.

Suggestion:

- Black Diamond Spot – REI
- Petzl Tika – REI
- LED Headlamp – Walmart

Sunscreen

Sunscreen should be a small bottle (1 to 4 fluid ounces) of water resistant and sweat resistant lotion with an SPF rating of 30 or greater. No aerosol cans are allowed.

Suggestion:

- Coppertone Sport – Walmart



Sunglasses

Sunglasses should be considered in addition to sunscreen, especially important at higher altitudes. Any good quality sunglasses should work fine.

Suggestion:

- On sale – Anywhere (Big 5)



Lip Balm

Stick lip balm (Chapstick) moisturizing balm with sun a Protection Factor (SPF) of 15 or greater.

Suggestion:

- Chapstick Moisturizer – Walmart



Pocket Knife (Must have Totin' Chip to carry)

Knife should be a small locking blade knife that folds in for storage, or a multi tool.

Suggestion:

- Gerber Bear Grylls Scout Knife – Walmart or Target
- Leatherman Freestyle – Walmart or Target



Matches in a Waterproof Container

Wooden strike anywhere or kitchen matches in a waterproof container provide a source for starting a fire or stove.

Suggestion:

- Plastic Matchbox – Walmart



Backpacker's Poncho, or Rain Suit and Backpack Cover

A sturdy backpacker's poncho, or rain suit and backpack cover are acceptable for inclement weather that may be encountered. A backpacker's poncho is designed to protect the hiker and the backpack when hiking in wind and rain. A Backpacker's Poncho has an extension flap on the back to cover your pack so it won't get wet as you hike.



A lightweight hard shell (waterproof-coated nylon or polyester, or Gore-Tex) jacket with a hood and pants provides an outer layer to protect you against wind and rain. The pants should have zippers along the legs to allow them to be put on and taken off easily. This combination is less cumbersome and less prone to blow in the breeze than the poncho. A backpack cover provides protection from the rain for your backpack and gear while you are hiking or when it is stored in camp.

Troop 537 recommends a lightweight rain jacket with a hood, a backpack cover, and rain pants. The backpacker's poncho is an acceptable alternative for new scouts due to the limited amount of rain we receive and its low cost. A backpacker's poncho is not recommended for extended outings, like the Troop 50-miler.

Suggestion:

- Campmor Backpacker Poncho – Campmor
- Frogg Toggs Rainsuit – Big 5
- Marmot Precip Rain Jacket & Pants – REI
- Pack Rain Cover – REI

Insect Repellent

Bugs are annoying, potentially even hazardous. They can turn an enjoyable trek into a miserable one in seconds. To keep them away, there are many different methods, although DEET is considered the most effective repellent ingredient.

Troop 537 recommends a small plastic leak-proof bottle of approximately 30 percent DEET. No aerosol cans are allowed.

Suggestion:

- 30% DEET Spray – Anywhere



Toilet Paper in Ziploc Bag

A small roll of toilet paper can be critical during a backpacking trip. There is a reason it is called mountain money. Store the rolls in a plastic Ziploc bag to keep them dry.

Suggestion:

- Coleman Camper's Toilet Tissue – Walmart



Watch

A simple watch that is waterproof and it is convenient if it has an alarm.

Suggestion:

- Timex – Walmart



Hiking Socks

The socks you wear on the trail can have a significant effect on your experience. Like footwear, socks must be chosen carefully to match the kinds of conditions you expect. Hiking socks should provide some cushioning and protection for the feet. Socks should be snug and supportive without being restrictive. Socks can either be made of Merino wool or synthetic fibers. New socks do a better job at preventing blisters and keeping your feet warm. Merino wool is softer than rag wool and provides adequate moisture transport.



Troop 537 recommends wool hiking socks.

Suggestion:

- Wool Hiking Socks – Costco
- Smartwool Hiking Socks – REI

Underwear, Moisture Wicking Preferred

Your base layer includes underwear, and it protects your skin. Boxer briefs provide protection from chafing while hiking. Most people have cotton underwear; however, moisture wicking underwear will provide quick-drying performance to keep you comfortable and most have an antimicrobial treatment.



Troop 537 recommends boxer brief underwear, moisture wicking is preferred.

Suggestion:

- Champion Performance Underwear – Target
- Boxer Briefs – REI
- Under Armour Boxer Jock – Sport Chalet, Big 5

Mosquito Head Net

A light polyester or nylon head net that provides protection from insects without inhibiting your visibility. This is a must in areas of mosquito activity.



Suggestion:

- Coleman Mosquito Head Net – Walmart
- Sea to Summit Head Net – REI

Water Shoes/Lightweight Shoes

Light weight shoes that help protect feet during water crossings and when enjoying water activities. They can also give your feet a break after a day of hiking when you get to camp.



Suggestions:

Water shoes – Walmart

Clogs/Crocs – Payless

Wool or Fleece Cap

Knit wool or fleece cap that fits comfortably. Cap should be air permeable which allows water vapor to move through the material and evaporate. Wind blocking/waterproof laminate tend to trap moisture inside and is not preferred. This should be the first thing put on if you start to feel cold.



Suggestions:

Beanie – Walmart

SmartWool Beanie – REI

Flannel shirt/sweatshirt/fleece (no cotton)

A lightweight fleece or flannel shirt represents the insulation layer. A synthetic pile or fleece is the most effective all-around materials for insulation during backpacking trips. However, flannel shirts also work well since they are thicker than standard shirt and provide better insulation. Typically people carry more than one insulating item for layering depending on possible environmental conditions.



Suggestions:

Micro Fleece or Fleece Jacket – Walmart

Flannel Shirt – Walmart

Lightweight Jacket, Water and Wind Resistant (May be Jacket from Rain Suit)

A lightweight water and wind resistant jacket with a hood provides protection against wind and rain and is generally your outermost layer. The fabric should be waterproof/breathable (waterproof-coated nylon or polyester, or Gore-Tex) and should not have any built in insulation. Jacket should have a zippered collar to provide face protection and a full coverage hood.



Suggestion:

Marmot Precip Rain Jacket – REI

Gloves, Leather

Gloves provide hand protection and warmth. Leather work gloves are good all-around use gloves, but provide little insulation to keep your hands warm. You can use a glove liner for warmth with work gloves. Technical soft shell gloves can provide warmth and water resistance, but are not as durable as leather work gloves.



Suggestion:

Leather Work or Mechanics Gloves– OSH

Swim Trunks

Swim trunks serve multiple purposes, they are used for water activities, often used as sleeping cloths, and are comfortable shorts after a long hike to camp. Running shorts with a liner are made of material that dries quickly and wicks moisture from the skin to help you stay dry.



Troop 537 recommends running shorts with a liner or lightweight swim trunks with a liner.

Suggestion:

Running Shorts – Big 5

Boonie Hat

The olive color Boonie hat is part of Troop 537's Class C (Activity Uniform) that is worn during outings. It is a wide brim hat that offers good sun protection and works well with a mosquito head net.

Suggestion:

Propper Cotton Ripstop Boonie Hat – BDU.com



Troop T-shirt

The Troop Specific T-shirt is part of all Troop 537 uniforms. There are cotton and moisture wicking versions available. The Troop T-shirts are obtained through the Troop.



BDUs

The olive color BDU pants are part of Troop 537's Class B (Traveling Uniform) and Class C (Activity Uniform). BDU pants have reinforcement panels in critical areas and have a number of oversized pockets for reasons of durability and convenience.

Suggestion:

Propper Poly / Cotton Ripstop BDU Pants – BDU.com



Scout Belt & Buckle

A scout belt is part of all of Troop 537 uniforms. The standard belt is the Centennial Boy Scout Web Belt. The scout belt can be bought from the Gold Dust Scout Shop or online at Scoutstuff.org.

