



Personal Packing List

Phone: 603-625-6431

Website: www.nhscouting.org/outdoor-programs/high-adventure

SLEEP	Sleeping Bag	Synthetic material and fill, rated for 20 to 40°F
	Compression sack	For your sleeping bag
	Sleeping pad	Closed cell foam, or self-inflating.
	Stuff Sacks	To keep clothing and small items organized
CLOTHING	Water Shoes <i>(NOT FOR MOUNTAIN TREKS)</i>	Closed toe/closed heel sandals, or well fitted water shoes with a sturdy sole
	Camp Shoes	Light sneakers or moccasins
	Hiking Boots <i>(NOT FOR RIVER TREKS)</i>	With ankle support, broken in with at least 2 weeks of wear, treated with water repellent. <i>Note: Soles of work boots do not grip as well as the soles of hiking boots.</i>
	Rain Gear	Lightweight but <i>durable</i> with hood. No ponchos. Rain pants highly recommended.
	Hat	With visor or brim
	Jacket	Lightweight Fleece
	Swimsuit	With waterproof bag in case these need to be packed wet
	Pants	2 pair of zip-offs
	Shirts	Long-sleeve, lightweight
	Socks	3 pair synthetic or wool – NO cotton content
	Undergarments	3 pair synthetic, quick drying
HEALTH	Toothpaste	Small tube for each 2 crew members
	Toothbrush	
	Camp Towel	Small synthetic towel or large bandana
	Soap or Sanitizer	Small container of hand sanitizer or <i>biodegradeable</i> hand soap.
	Lip Balm	
	Sunscreen	Small tube for each 2 crew members
	Medicated Foot Powder	Small container for each 2 crew members
	Bug Repellent	Small bottle with high active ingredient content, NO spray cans.
Prescription Meds	See Leader Manual	
GEAR	Sunglasses with Strap	And strap for prescription eyewear if needed
	Water Bottles	2 one liter bottles with carabiner clips
	Mess Kit	8-12 oz cup, 12 oz bowl, spoon or spork
	Pocket Knife	Locking blade, 3-4" is large enough
	Compass	Similar to Silva Starter or better
	Matches	In Waterproof container
	Headlamp	With fresh batteries
	Whistle	
First Aid Kit	Personal size kit – crew will bring larger kit (see leader manual)	
OPTIONAL	Binoculars	Small!
	Headnet	For mosquitos and black flies
	Gloves	Light but durable
	Camera	
	Journal and Pen	
	Devotional Booklet	Can be shared
	Binoculars	Small. Quite small.
TRAVEL	BSA Field Uniform	For wear on Base
	Clean, dry clothes	To wear travelling to and from GSR
	Full size towel and shampoo	For showering on base after trek
	Money	For trading post – will not be needed on trail

AVOID COTTON and DOWN

Cotton loses its insulating qualities when it becomes wet, and it is difficult to dry. The same is true of down sleeping bags. Wool is better for clothing, and retains most of its ability to retain heat though it becomes heavier when wet. Synthetics perform better to insulate, to dry, and often to wick moisture away from your body so you don't stay damp and get cold later in the day.

AVOID SINGING THE BLUES

Black flies and horse flies are attracted by motion and color – particularly vivid blues (and to a lesser degree yellow). If you can minimize these colors among your gear, happiness may be easier to maintain. If not, definitely do not forget your bug repellent.

LESS IS MORE

Small headlamps, not giant spotlights. Small towel. Small containers of toothpaste, etc. Small small small. What you bring you carry, even on canoe treks. Fatigue contributes to the risk of injury. If one person gets injured, the entire crew is at risk. Every item counts, every ounce counts. Think big, pack small.

SLEEPING BAG SECRETS

The temperature rating of a sleeping bag has more to do with survival than comfort. Storing bags stuffed or rolled instead of loose breaks down the fibers whose "loft" creates the insulating effect. In general, subtract one degree of temperature rating for every year the bag is old, three if not stored properly.

GLOVES

Not on everyone's packing list, but very handy in cool wet weather if you are paddling for any distance, or if you are hiking where handle-holds are cold wet granite. Mechanic's safety work gloves (NON disposable) are a cost effective option. Durable but not bulky – not winter gloves and not heavy work gloves.