



**Safe,
Lightweight Options
for
Scout Units Preparing for Treks**

Introduction

- Welcome
- Show of Hands - Why are you attending this class?
 1. . . . Going to Philmont?
 2. Been to Philmont
 3. Looking for other light weight idea's for Camping or Backpacking
 4. Needed to fill in an hour and thought you could sleep through this one?



. . The Old Saying Goes . .

On backpacking Trips:

- The **boys will complain** and groan about the weight they carry . . . The **adults will suffer in quite** because they don't want the boys to know they are in pain!

. . . But when you get to your campsite:

- **The boys will be up and running around in minutes**, and the **adults will be looking for a spot to lay down.**



Rule of Thumb for Weight

Carry $\frac{1}{4}$ of you body weight . . . But WAIT!

Consider:

- Strength and conditioning?
- Type and Length of trip?
- Climate?
- Weather condition?
- Terrain?



. . . And Weight it!



Weight Considerations & Trade Offs

*Make the investment in these Item	Considerations	Trade Offs
Packs*	Cost Weight Performance	Internal External Size of Pack
Sleeping Bags* Sleeping Pad	Cost Weight & Size Performance	Down Synthetic Pad (foam or Inflatable) or Air mattress
Boots*	Cost Performance	Weather Proofing Style Durability
Clothes	Weight Efficiency Ease of Use	Wash or not to wash Multi Functional Warm and Dry
Stoves	Weight Size? Fuel Type	Wood Burning Liquid Gas Canister
Tents	Cost Weight Performance & size	Poles Material
Food	Weight – Bulk Nutrition Variety	Prepackaged - Discard Unwanted items Pre-cooked - Make your own Single Pot
Group Gear	Group Size Terrain & Conditions Duties in Camp	Tarps, bear bags, Do with-outs

Packs



Ex'ternal Frame

- Lighter Weight
- Adjustable
- Cheaper
- More Attaching outside
- Carries Away from Body



In'ternal Frame

- Heavier Weight
- Durable
- Big Loads
- Sized or Adjustable
- More Expensive
- Pack gear internally
- Carries Close to Body



Ultra Light

- Lightest
- Not as Durable
- Limited Loads
- Sized
- Little or no support (a bag on you back)
- Pack gear internally
- Carries Close to Body



Pack it right for comfort!





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Stoves

Weight is determined by:

- Fuel
 - Liquid fuel
 - Wood Burning
 - Alcohol
 - White Gas
 - Multi Fuel
 - Butane
 - Propane
- Size of Pots
- Simmer capability
- Wind Screen - Deflector

Don't forget your Pot Lid!!



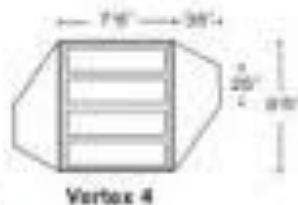


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Tents



- **Tents come in sections:**

- Tent
- Rain Fly
- Ground Cloth
- Poles, rope, and Stakes

Divide up to Carry



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Da Bear Bag





They're a lot of Work



Safety - Don't do without

The Essentials

- Map – of your area, include direction, distance to off Map places.
- Compass – and know how to use it with a Map
- Light – flash light, head lamp
- Matches – light away where
- First Aid – (injuries, pain, colds, stomach)
- Signal Device – Mirror/Whistle
- Multi Tool – Pliers
- Bug Repellant
- Hygiene – Soap, tooth brush & Paste
- Watch – Analog
- Spare Batteries
- Water Purification – Pills, Pumps, Septic Pen



Equipment Comparison - continued

CLOTHING

Layer A (Hiking Clothes)

- hiking boots—well broken in
- lightweight sneakers or tennis shoes
- 3 pairs heavy socks
- 3 pairs lighter inner socks (polypro)
- 3 changes underwear
- 2 hiking shorts
- 2 short sleeve shirts (not nylon)
- 1 hat or cap—flexible, with brim

4.6

2 pair Heavy Socks
3 liners
1 Lycra shorts – easy wash/dry
1 Zip off pant/with ankle zipper
2 quick dry T-shirts
= 2.0

Layer B (Cool Evening)

- 1 long sleeve shirt (wool or synthetic)
- 1 long
- pants, cotton or nylon (not heavy jeans)
- 1 pair insulated underwear (polypro)

4.5

1 long sleeve shirt – quick dry
1 polypro/Lycra long pants
1 poly/fleece long sleeve
= 2.2

Layer C (Cold)

- 1 sweater or jacket (wool or polar fleece)
- 1 stocking cap (wool or polypro) *1
- glove liners or mittens (wool or polypro)

Layer D (Cold, Wet, Windy)

- 1 sturdy rain suit (A)

1.

Eating

- deep bowl (small, plastic)
- cup (measuring style)
- spoon
- 3 or 4 - one qt. water bottles (BB)

1.



Equipment Comparison - continued

Personal and Miscellaneous

- small pocketknife
- matches and lighter in waterproof container (BB)
- flashlight (small with extra batteries and bulb)
- compass—liquid-filled (S)
- 2 bandannas or handkerchiefs (BB)
- money (\$10-\$20 in small bills)
- lip balm (BB) (with SPF of 25) chapstick
- soap, biodegradable (BB, S)
- toothbrush/toothpaste (BB, S)
- small camp towel
- sunglasses (inexpensive)
- ditty bag (for personal items in bear bag)

2.5

Optional

- camera and film (BB)
- whistle
- watch, inexpensive
- ~~fishing equipment/licenses~~
- postcards, pre-stamped
- rubber bands (large for packing)
- foot powder (BB, S)
- note pad and pen
- daypack for side hikes (S)

1.

Total 27.8

Adjusted Total 17.0



Questions

If you have other questions later, please feel free to contact me:

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