

Updated prosos Oct 2021 (Also Amazon\*)

Page 1: 10 essentials: #1--\$22.50\*. #2 \$7-14\*. #3 ten pack of headlights- \$22.50\*. #5 \$5-14\*. #8—all to heavy—just a small one or a small Leatherman/multitool. #9-troop usually makes these once a year.

Page 2: Hi Tec brand good. I used this brand for many years. \$39 & up. Crocs are good for camp shoes. Socks: liners \$8-12\*. Hiking socks-WOOL, \$13-18\*

Page3: Coldpruf long underwear-- \$15-20 various places. Bottom of the page: good rain gear is FroggToggs—fairly decent price \$15-40

Page 5: sleeping bags; 40 degree-\$50, 20 degree-\$60 & 0 degree \$80. Sleeping gear is especially important as they spend 8-10 hours in it! Sleeping pads—mainly for insulation at their age- blue pad at Walmart- \$12-14. Thermarest- \$80-200. I have one Thermarest that has lasted over 7 years.

Page 6: cooking ware is usually from the troop. Personal meal gear: mug, spoon/spork & bowl. Others are extra--& extra weight.

Page 7: internal frames: 3400 \$85. 4000 \$85 \*