

# Troop 78 New Scout ("MICRO") Backpack RECOMMENDED GEAR

When backpacking, the rule is to travel light yet bring enough to be prepared. Troop 78 backpackers should think of gear as belonging to one of four categories:

1. **PATROL Gear:** This is shared by each patrol on the backpacking trip. Patrol members split up the load.
2. **CREW Gear:** This is shared by the whole crew of multiple patrols. On this outing, Dinos will split up the load. (Dinos are any adults who are attending the outing.)
3. **PERSONAL Gear:** This is gear individuals bring for and carry themselves.
4. **FOOD:** On later backpacking trips, everyone shares the load. On this outing, Scouts will carry some food, but Dinos will shoulder most of the food load.

The MICRO Backpack usually has two patrols: Scouts and Dinos.

- Each patrol will need to bring its own PATROL Gear below.
- The whole outing will need one set of CREW gear.
- Everyone will bring his or her own PERSONAL Gear.

## PATROL GEAR

While backpacking, one patrol is about 4 people. Each gear item below usually accommodates about 4 people. Please note that the troop owns multiples of the items **bolded** below. Your weekend's Assistant Scoutmaster is likely to borrow these from our troop Quartermaster.

- ☐ **water filter**
- ☐ **tarp** with 50 ft paracord
- ☐ **1 bear canister AND bear bag and line** (Recommend two bear canisters per patrol to hold heavy foods.)
- ☐ **stove and lighter with spare matches** (Snow Peak canister stoves and MSR Whisperlite white gas stoves available from Troop 78 in Gear Shed)
- ☐ **cooking pot with lid**
- ☐ **pot holder/lid lifter**
- ☐ **Cooking fuel:** 2 full fuel canisters (both white gas and isobutane canisters available from Troop 78 in Gear Shed. If using a white gas stove, take at least a full 11 oz fuel bottle per patrol. More is better.)
- ☐ **fuel canister stabilizer** (available from Troop 78 in Gear Room)
- ☐ Serving spoon
- ☐ Spatula
- ☐ dish soap, scrubber
- ☐ hand sanitizer
- ☐ paper towels in baggie
- ☐ garbage bag x2
- ☐ gallon zip top freezer bags x2

- ☐ toilet paper in a baggie
- ☐ trowel
- ☐ wet wipes (optional)
- ☐ 1 lightweight tent (<6 lbs) per every 2 Scouts. Troop tents like the REI Passage 2, REI Passage 3, and Kelty 3-person are good and available in Gear Shed. Definitely pre-check properly functioning poles, lines, and all stakes.

### **CREW GEAR**

A crew can be more than one patrol. Each crew should have at least one of the items below:

- ☐ Lightweight tarp and cord to rig it
- ☐ Topo map of area (available from Troop 78 in Scout Room)
- ☐ Luggage scale (available from Troop 78 in Gear Room, if you can find it!)

### **CREW Wilderness First Aid Kit**

See this [regularly updated WFA Kit](#). Key items are below.

- ☐ double (not triple) antibiotic (to avoid allergies to triple antibiotics)
- ☐ tweezers
- ☐ band-aids
- ☐ nail clippers
- ☐ benadryl
- ☐ ibuprofen
- ☐ imodium AD or your favorite anti-diarrheal
- ☐ anti-itch ointment
- ☐ 2x ace bandages
- ☐ 8x gauze pads
- ☐ 8x alcohol wipes

## PERSONAL GEAR

### It's a good idea to wear these to the trailhead:

- ☐ **Sturdy hiking boots** are always a good idea. If you have a history of ankle sprains, consider hiking boots that provide ankle support. If your ankles are strong, then trail running shoes or hiking shoes may work fine for you since this trail is not particularly rocky. If you're new to backpacking, beware that carrying a heavy backpack will make foot and ankle issues more likely.
- ☐ Sunhat
- ☐ Sunglasses
- ☐ Wristwatch
- ☐ Long-sleeve synthetic shirt (no cotton!)
- ☐ Zip-off long pants in "shorts" mode
- ☐ Hiking socks

**Backpack designed for backpacking!** Scouts will carry about 15-20 lbs of gear. This will probably be the heaviest packs they have ever carried. Adults will carry more than their fair share during the MICRO; at least 25-35 lbs including personal gear, shared gear, and food. (Adults, if you are carrying more than 40 lbs of gear on this outing, you are doing something wrong!) In order to carry this load, we recommend at least 40 liter load capacity for Scouts and 60L or more for adults. 70L packs are perfect for this and future Troop 78 backpacking outings including the MINI Backpack and Philmont.

If your Scout does not own a pack, you have a tough choice to make: buy a 40-50L pack that will fit them this year but won't fit next year (Deuter Fox 40 and REI Tarn are both great choices) or buy a 70L pack that won't fit them this year but which will fit for the next 10 years (Gregory Wander and Osprey Ariel 65L women's XS are both great choices. REI Tarn may work, too.). Boulder Sports Recycler in north Boulder often has a great selection of used packs.

Or you can dodge the decision and borrow a pack from Troop 78, which has a very few loaners available. We have a few loaner packs available for adults, too. (They are not great, but they are free.)

Please note that this Personal Gear list includes packing tips consistent with the training that Newts practiced during Summer Camp MICRO Backpack Shakedown.

### Here's what to pack and where!

#### At bottom of backpack:

- ☐ If your patrol is using a bear canister and it's your patrol gear to carry, fill it with food or gear and place it at the very bottom of your backpack.
- ☐ Sleeping bag goes in next

**Along one side of the inside of the backpack:** Half the tent you are sharing. Troop 78 Scouts usually split tents as rain fly and poles vs. tent body and stakes.

**Sleeping Stuff: Stuff you will use for sleeping goes in next since you will need it later. Place these in lower/middle of backpack, organized inside a mesh bag or stuff sack:**

- ☐ Inflatable pillow (optional) designed for backpacking. Not a bed pillow from home!
- ☐ sleepwear:
  - ☐ long underwear top & bottom
  - ☐ winter/sleeping hat
  - ☐ sleeping socks

**Evening Stuff: Warmer clothing layers. NO COTTON. Place in middle/upper backpack, inside a mesh bag or stuff sack:**

- ☐ midweight fleece
- ☐ light gloves
- ☐ mess kit: spork or utensils, mug, bowl
- ☐ underwear x2
- ☐ hiking socks x2
- ☐ long-sleeve shirt (also helpful for mosquitos)
- ☐ jacket: A light puffy is perfect.
- ☐ rainjacket

**In backpack top flap pocket or otherwise very easily accessible:**

- ☐ wristwatch for the orienteering challenge
- ☐ compass/map
- ☐ hiking sunhat
- ☐ sunglasses/case
- ☐ Bandanna (Highly recommended for sun protection, cooling off, and first aid!)
- ☐ headlamp w/ fully charged batteries
- ☐ Smellables bag with your name on it for bear bag:
  - ☐ Trail snacks, about 400 calories (avoid things that melt in heat)
  - ☐ Travel size sunscreen (We will be near or above treeline for much of this outing.)
  - ☐ bug spray (Picaridin is better than DEET. DEET melts waterproofing on gear.)
- ☐ pocket knife
- ☐ whistle
- ☐ optional: bug headnet
- ☐ travel toothbrush and travel-size toothpaste
- ☐ Girls: tampons/pads and pack in/pack out disposal method
- ☐ Personal medical items, medications, inhalers, etc.
- ☐ Optional items: Hiking poles/walking sticks, camera, mosquito hat, spices for food, deck of cards, lightweight book, other fun activities

**Outside of backpack:**

- ❑ Along bottom of pack: closed cell foam ground/sleeping pad. (At Troop 78, we REQUIRE Scouts to have a FOAM sleeping pad on every outing. Scouts may also bring an inflatable sleeping pad if they want, but an inflatable is not allowed to be the ONLY sleeping pad they bring. Why? They pop and this becomes a safety issue because contact with the ground causes hypothermia. All Scouts MUST have a foam sleeping pad with them.)
- ❑ water bottle for hiking (Officially, two full 32 ounce bottles or a 70-ounce hydration bladder. For some people, that may be more water than needed for this short hike. Our route to Diamond Lake hike is short and has two opportunities to filter water along the way. The second water source is about halfway through the outward hike.)

**GEAR THAT IS NOT PERMITTED. DO NOT BRING THESE:** Hammocks. Hatchets, axes, or saws (wood gathering and campfires are not allowed at this site). Fixed blade knives. Bring only pocket knives or folding knives. Lock knives that fold are okay. Cotton clothing is strongly discouraged for summer and not allowed during winter (except sunhat and bandanna). Bring only synthetic or wool clothing.