

Personal Gear

For late summer/early fall camping. Daytime can be warm or cool, nights can be cold (frosty)

Clothing/personal gear: Wear your uniform to camp with a t-shirt underneath. Pack the following:

- 1 change of “playclothes” which includes t-shirt, underwear, socks, lightweight long pants, shorts (unless the pants have zip off legs), and a long sleeve pullover.
- 1 more change of clothes in case those get wet or soiled.
- Pyjamas or nighttime clothes (they need to be dry and clean)
- Jacket suitable for fall evening temperatures
- Rainwear
- A 2nd pair of running shoes (or boots if rain is expected)
- Toiletries – tooth brush, toothpaste.

Sleeping:

- 3 pound or heavier sleeping bag.
- 2” or thicker underpad
- Small pillow (optional)

Day Pack: a small backpack (perhaps the one used for school) with enough room to also store any clothing taken off during the day like long sleeve pullover, plus a snack.

- Water bottle
- Sunscreen
- Bugspray
- Hat

Mess kit: keep it simple. Plate, cup, bowl, knife, fork, spoon in a mesh bag that can be hung up.

Some groups provide this so ask your Scouter if they need one

Other optional items:

- Spare badges/crests for trading
- Reading books/travel size games/playing cards
- Toque, gloves

Not a good idea:

- Any sort of pocketknife
- Any fire starting materials
- Electronics
- Food

Packing Tips:

At DICC, parents are allowed to drive into camp and drop youth off near the camping area (less than 200 meters from parking lot to campsite). Elaborate backpacks are not necessary, nor practical. A properly sized hockey bag (not large) or similar works best. All the gear needed for a weekend camp will easily fit in a hockey bag, plus the daypack. If it doesn't, your Cub is taking too much stuff! Once in the tent, a hockey bag allows easy access to all the gear, and makes keeping it contained simple. Most hockey bags offer adequate protection from rain as well. At least long enough to carry it from the car to the campsite.

Put your youth's name and Scouting group on everything. We always end up with lost and found full of hats, jackets, and water bottles. They would be returned if only we knew who to give them to. My son Ryan, when he was in Cubs, got his camera returned during a trip on the Chi Cheemaun because he had his name taped to it. We heard the loud speaker paging his name with instructions to come the snack booth.

Pack clothing into recycled plastic grocery bags. It keeps the clothing together, organized, and maybe even dry if the weather isn't cooperating. Put in a couple extra grocery bags so your cub can put his uniform in one when they remove it. Roll the pyjamas or nighttime clothing up into the sleeping bag. Put the sleeping bag in a garbage bag if rain is in the forecast.

A note about blankets. Most 9 year olds won't be able to get benefit from a blanket. It ends up in a ball at the bottom of the sleeping bag, or on the floor of the tent beside them. Get a good warm sleeping bag that doesn't need additional layers to provide adequate warmth.

HOW TO SLEEP WARM

1. GO TO BED WARM

Do a few jumping jacks, push ups – just enough to warm yourself up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. FUEL UP

If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks are better than refined sugars or caffeine.



3. WATER

You need to be well hydrated to stay warm.



How much water to drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to get the timing right. If nature calls in the middle of the night get up and go! Holding it in makes you colder.

4. CLOTHING

Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm.



5. HOT WATER BOTTLES

Consider filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.

6. WEAR A HAT

We lose heat from our heads. It's not an old wife's tale; wear a hat to keep your feet warm.



7. KEEP YOUR NOSE AND MOUTH OUTSIDE

Don't put your nose and mouth into your sleeping bag. Moisture from breathing

will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.

8. KEEP OFF THE GROUND

Sleeping warm means insulating your self from the ground. A good insulating pad is important.

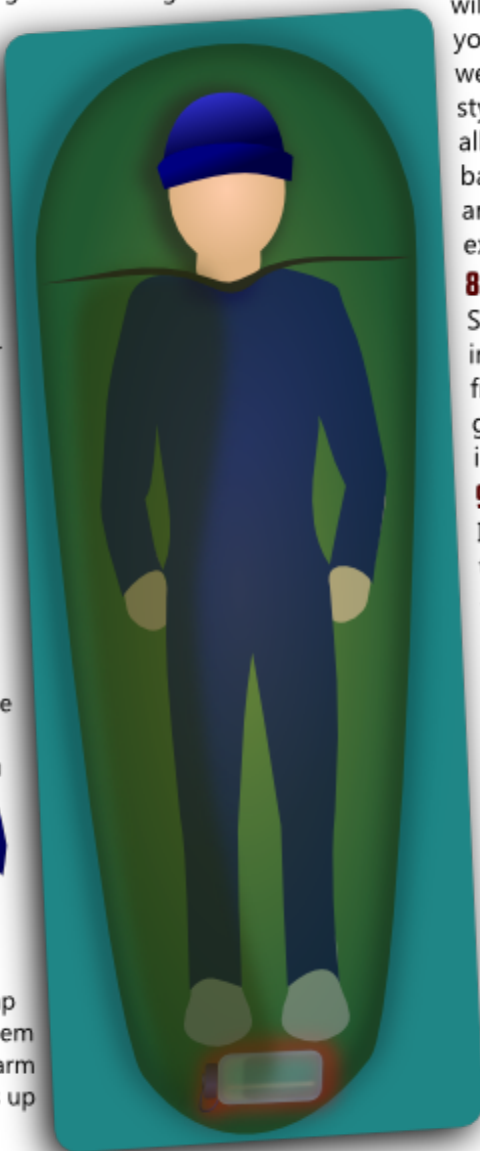
9. SLEEPING BAG SOCKS

If you get cold feet try keeping a dedicated pair of thick, loose fleece or wool socks worn only in the sleeping bag.



10. SHAKE UP YOUR BAG

Whatever type of insulation is in your sleeping bag it will be compressed from packing. Do a good job of shaking and re-distributing the insulation before you get in the bag.



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- Camping skills & outdoorsmanship
- Gear reviews and advice
- Practical help for Scout volunteers

1. Go to bed Warm

Jumping jacks, push ups or something similar – just enough to warm yourself up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. Fuel up

If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks like cheese; avoid refined sugars or caffeine.

3. Water

You need to be well hydrated to stay warm. How much water you drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to time it right though. If nature calls in the middle of the night get up and go! Holding it in makes you colder.

4. Clothing

Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm yourself.

5. Hot water bottles

You may think about filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.

6. Wear a hat

We all lose a lot of heat from our heads. It's not an old wife's tale; wear a hat to keep your feet warm.

7. Keep your nose and mouth out of the sleeping bag

Scouts often think that if they crawl all the way into their sleeping bags they'll be warmer but the moisture in your breath will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.

8. More Below than Above

Sleeping warm means insulating your self from the ground. A good insulating pad is important.

9. Sleeping bag socks

If you get cold feet at night consider keeping a dedicated pair of socks in your sleeping bag. Thick, non constricting fleece or wool socks worn only in the sleeping bag may be the answer to warm feet.

10. Fluff up your Bag

The insulation in your sleeping bag gets compressed when you pack it so it must be fluffed up to be effective before you get inside. Do a thorough job and you'll sleep warmer.