

Bayocean Spit packing checklist

Personal Gear

PACKING	
<input type="checkbox"/>	Back Pack: Not too large for 1 st year scouts, with good padded hip belt that fits tightly around hips
<input type="checkbox"/>	Waterproof Pack Cover (<i>Covers entire pack</i>), can be a black plastic garbage bag for this outing
<input type="checkbox"/>	Zip Lock Freezer Bags (1 gallon) – pack clothes in these. Carry one or two extra for dirty or wet clothes, trash, etc.

SLEEPING	
<input type="checkbox"/>	Sleeping Bag , in nylon compression sack lined with plastic bag (20-30° rated)
<input type="checkbox"/>	Foam Ground Pad or Therm-a-Rest® mattress with cover, not open cell foam, should roll up into a roll 6-8" in diameter or smaller
<input type="checkbox"/>	Backpacker's Pillow or small stuff sack pillow—optional, can just fold up a jacket

CLOTHING:	
100% synthetic if at all possible. Put ALL CLOTHES in zip lock or compression bags	

LAYER A – (HIKING CLOTHES)	
<input type="checkbox"/>	Hiking Boots (waterproofed, sturdy, good fitting)
<input type="checkbox"/>	Heavy Hiking Socks (wool/polyester) – wear one pair, pack one pair
<input type="checkbox"/>	Underwear (synthetic is preferred, but cotton OK for this outing) – wear one pair, pack one pair
<input type="checkbox"/>	T-Shirts (synthetic is preferred, but 50/50 cotton/poly OK for this outing) – wear one, pack one or two
<input type="checkbox"/>	Wide-brimmed Rain/Sun Hat
<input type="checkbox"/>	Convertible Pants (synthetic, zip-off legs, e.g. Scout Switchback uniform pants) wear, plus pack a pair of synthetic pants or athletic shorts as an emergency backup
<input type="checkbox"/>	Long Sleeve lightweight synthetic shirt
<input type="checkbox"/>	"In-Camp" Shoes (very lightweight, no open toed)—optional, probably a good thing to eliminate to lower weight for younger scouts
<input type="checkbox"/>	Cotton Gym Socks – 2 pair (used with camp shoes in-camp only!) <i>*optional</i>

LAYER B – (COOL EVENINGS)	
<input type="checkbox"/>	Thermal Underwear (midweight synthetic top or light fleece pullover, and bottoms)

LAYER C – (COLD)— IMPORTANT—IT IS LIKELY TO BE COLD AND WINDY AT THE COAST	
<input type="checkbox"/>	Stocking Hat (Wool or polar fleece)
<input type="checkbox"/>	Zip Jacket –or– ¼ zip Pull-over w/collar (Polar Fleece – this is your warmest layer)



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Lightweight Gloves, Liners or Mittens

LAYER D – COLD, WET, WINDY— IMPORTANT— IT COULD BE COLD, WINDY AND WET AT THE COAST

Rain Jacket & Rain Pants (waterproof, lightweight, breathable - **GORTEX**®)

EATING

- Deep Plastic Bowl (or Squishy Bowl®) with mesh drying bag
- Plastic Insulated Mug with lid
- Heavy Duty Plastic Spoon (Lexan® or equivalent, or titanium “Spork”)
- Water Bottles (Nalgene® large mouth preferred, 1 quart/liter capacity) Need to carry about 3 liters per person (more for adults, less for the smallest scouts.) If you are buying new, get wide-mouth Nalgene (or Nalgene compatible) bottles. For this outing, anything that holds water, doesn’t leak, and will fit in your pack is OK.

PERSONAL STUFF--

- Tooth Brush
- Tooth Paste (travel size)
- Lip Balm / Chap Stick (Carmex®)--optional
- PRESCRIPTION MEDICATIONS (Including 2nd set carried by parent or Adult Advisor)
- VERY small, personal Foot Care Kit (blister pads and Mole Skin®)
- Sun Glasses (UV protection) – Hard Shell Case--optional
- Headlamp ***bring with fresh batteries installed.**
- Watch (with alarm) --optional
- Whistle
- Bandanna (lightweight washcloths, and to wipe off sweat during hikes) – 2 --optional
- Small Towel (for clean-up and shower, *backpacker type is best*) --optional
- Tall Kitchen Trash Bags – 2
- Sit Pad or Sleeping Pad Chair Kit or camper’s stool --optional
- Compass
- 15 ft. of the lightest weight parachute cord--optional
- Smallest Leatherman Micro Tool or smallest Swiss Army Knife (knife and scissors)
- Matches / Fire Starter in small waterproof container (orange type is best)
- Sun Screen/Block (*at least 25 SPF or higher - share with group*)
- Insect Repellant

Suggested, but Optional --

- Small Camera
- Prescription Glasses in Hard Shell Case, extra contact lenses



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Crew, or Tent-Mate Equipment (Shared)

DO NOT BRING ANY OF THESE ITEMS AS "PERSONAL EXTRAS" IN YOUR PACK!!!

- Backpack Tent, including Ground Cloth, tent poles, and tent
- Backpack Stove, no liquid fuel for scouts, share between 2-4 people
- Cooking pot with lid to heat water for freeze-dried food, about 2 liters
- Plastic Measuring Cup with handle (scooping hot water) – 1 per stove
- Spice Kit: (salt & pepper mix) --optional
- "Poop Bag" - Toilet Paper, moist towelettes, Small Trowel, Purell® hand sanitizer – carry in Ziploc baggie – 2-3 for troop
- First-Aid Kit (one large kit for troop)

**** DO NOT BRING THE FOLLOWING ITEMS ****

- Metallic, porcelain, or otherwise heavyweight personal eating gear, utensils and canteens
- Forks (don't need them, all you will use is a spoon)
- ANY "D" or "C" cell lights
- Ponchos of any kind
- Plastic or Rubberized Rain Gear (They weigh a ton, very hot, don't breath)
- Anything packed in Glass
- Personal "beauty" gear: including cologne, metal mirrors, hair spray or mousse, deodorant
- Any "aerosol" sprays in cans
- Any 100% cotton clothing: including blue-jeans, blue-jean jackets, sweatshirts, t-shirts, etc.**
- Heavyweight air mattresses or inflatable pillow
- Leather or otherwise heavyweight belt
- Wallets, Keys or Coins
- ANY ENTERTAINMENT ELECTRONICS** (Walkman, Games, MP-3 Players, etc.)
- Heavyweight sneakers

Finally – Everything else you're not sure if you'll use – "If in doubt, chuck it out!"

- *GPS – Crew Advisors only may bring one for emergency use only.**
- *Talk-About Radios – Crew Advisors only, may bring two for trek.**