



CAMPING TIPS AND ESSENTIALS

10 Essentials to bring on every campout: Keep these in your pack at all times to have less to pack for each campout.

1. Personal First Aid Kit
2. Flashlight (extra batteries, tape them to the outside of the flashlight)
3. Basic Pocketknife and Totin' Chip
4. Firestarter Kit (waterproof / strike anywhere matches, birthday candle, dryer lint, pine needles)
5. Sunscreen (trial size)
6. Rain Gear
7. Compass (and map)
8. Whistle or signaling device
9. Water Bottle
10. Extra, dry clothing

Things that are handy and other Tips

1. Repair kit: dental floss and tape a needle to the back. Can be used to repair clothing, backpack, tent.
2. Thin nylon rope (e.g. parachute cord), 50 feet, separated in 2, 25 foot sections.
3. Water purification tablets (this is an essential if you are on a backpacking trip). Another low cost alternative would be a bottle of Iodine (removes bacteria) and Iodine Neutralizer (removes iodine taste). Label both bottles and tape together.
4. Bandana: <http://survivalcache.com/30-uses-for-a-bandana/>
5. Hanger: use this inside your tent or on a rope line to hang up your Class A Uniform
6. Duct Tape: you can always find a use for this
7. Small, empty plastic bag(s): to hold trash you find along the trail, keep gear dry, pack cover
8. Biodegradable toilet paper (keep in a baggie) and a trowel (in case there are no latrines)
9. Carabiners: attach to your pack. You can use these to hang gear on your tent, rope line or backpack
10. "Neat Sheets", lightweight foot print for your tent
11. Keep your tent organized. Put your gear in one place, you will easily find things when ready to pack out and you will get out quicker.
12. Wrap your sleeping bag in a plastic garbage bag and then put inside your stuff sack or compression sack to keep it dry.
13. Keep your pack organized. Use different size waterproof stuff sacks or ziplock baggies for toiletries, socks/underwear, t-shirts.
14. Keep Rain Gear and flashlight in an "easy to reach, easy to find" location
15. Tent is always the first to unpack and setup when you arrive at camp. Hopefully it is still daylight.
16. Tent is always the last to pack up when you are ready to leave camp. This gives you shelter if it starts to rain.
17. Make sure all edges of ground cloth/tarp are under your tent. If not, it will collect rain from the tent and funnel it under you.
18. Never leave food out at night or in your tent. Food attracts animals!

19. Dry out/Air out all gear after every outing: tents, sleeping bags, clothing. Tents and sleeping bags collect moisture even if it doesn't rain.
20. Sock liners: these are polypropylene or nylon and wick moisture and sweat away from your feet and prevent blisters. Wear your regular socks over the liner. Cotton socks will not dry and you will get cold and blisters.
21. Stay Hydrated: Drink Water
22. Bring along a book of Scout Skits and Songs

Backpacking: The Zone Method of packing

The Zone Method of packing a backpack can make the difference between drudgery and enjoyment during the time spent on the trail.

A few simple principles which are often overlooked can make a difference. The body has a center of gravity located directly over the ankles, when standing normally there is very little forward of the body. However, when a pack is placed on the back, the body leans forward to bring the pack's center of gravity directly over the ankles. Consequently, it is advantageous to keep the pack's center of gravity as close to your back as possible to prevent unnecessary forward lean. As a result the following method is recommended to load a backpack.

ZONE A

This area is the closest to the back and should carry equipment of the greatest density like stoves, tent hardware, water, etc.

ZONE B

This middle area should be packed with medium density objects.

ZONE C

The area farthest away from the body's center of gravity should be filled with the lightest equipment.

