

Troop 54 Camping Checklist for Franconia Notch Hike, September 2006

Note: Much of this list is based on personal equipment for hiking/camping alone. Some items can obviously be shared among the troop or patrols. Scouts will be responsible for identifying items that can be shared, assigning items within the patrol, and of course *remembering to bring those items* that the patrol is counting on.

The “house” structure of this list is based on one found in Colin Fletcher's *The Complete Walker IV*, a very good guide to all things related to backpacking. His list is far more extensive, and individual preferences vary. We will be day-hiking the mountains and camping at base, so we can be a little freer with weights and extras that will remain at camp.

FOUNDATION:

- Hiking boots, workboots, or at least cross-trainers
- Dry shoes for camp
- 2 pairs socks for hiking (thick over thin); spare 2 pairs in pack
- Walking stick (optional, but invaluable)

WALLS:

- Day pack, large enough for 2 quarts water, snacks and lunch, poncho or rain gear, fleece pullover or dry shirt, first aid kit and emergency stuff, TP, hat, gloves, etc. all protected in Ziplocs of appropriate size
- OR, full size frame or internal frame pack, should you choose to practice carrying more weight for long distance

BEDROOM:

- Tent (w/fly and poles)(organize tents by patrols)
- Ground sheet
- Tent pegs
- Sleeping bag (& pillow?)
- Sleeping pad (& repair kit if inflatable)

KITCHEN:

- Water bottles (2 quarts)
- Water purification tablets, or bleach & dropper, or water filter
- Cook pot(s), lid(s), and lifter
- Cup
- Spoon
- Bowl
- Knife or multi-tool (sharpen beforehand)
- Matches and/or lighter
- Dish cloth
- Sponge
- Biodegradable soap
- Stove and fuel (troop/patrol responsibility)

FURNITURE & APPLIANCES:

- Flashlight w/spare bulb
- Candle lantern w/spare candle
- Sunglasses

Maps
Copy of trail description and route
Compass
Watch
Hand towel
Toothbrush, toothpaste
Space blanket
Toilet paper (small emergency roll)
Bug spray
Suntan lotion
Blistex
Firelighting kit (magnesium thing, or tinder and matches)
Small sewing kit
Nylon cord (50', 1/8" diam)
Ziploc baggies for everything
ID, wallet, money
paper and pencil
Duct tape (5' wrapped around a pencil)
Binoculars or camera (optional)

CLOTHES CLOSET: Prepare for all weather possibilities!! It could rain the whole time, or be warm and sunny. It could get below 40 at night, and be in the 80s during the day.

Poncho or rain jacket
Rain pants
Fleece jacket
T-shirts or polypro equivalent shirts
Shorts
Underwear
Long pants (don't use cotton or denim for hiking, for camp ok; nylon for hiking)
Belt
Knit hat and Gloves or mittens (Not Optional! don't laugh, it can get *bad* up on the ridge)
Baseball cap
Bandana
Make sure you have a full set of dry clothes to sleep in.

FOOD:

Breakfast: Some options include: oatmeal packets, omelet-in-a-bag (quart-sized freezer Ziploc, and limited to Saturday morning only), freeze-dried meal, MRE, cocoa, corned-beef hash, cereal and milk (dried – bring sugar)

Lunch: Options are many: PBJ, granola bars, fresh or dried fruit, Gorp, crackers & cheese & pepperoni, Snickers. Eat what you like. You will be snacking along the way, so lunch can just be a longer snack break, somewhere up on the ridge out of the wind.

Dinner: Up to you. Something hot is best. Pasta, stew, or chili can be from cans or made up from dry ingredients. Lots of freeze-dried options at New England Backpackers. Eat well, eat lots. Drink plenty of water too.