

Troop 2970

High Adventure Lenhok'sin Packing Checklist



Purpose of this document: Prepare scouts to gather and pack the proper gear for a Lenhok'sin backpacking trek.

Being prepared with the right gear is one thing, knowing how and when to use it is critical!

THE SCOUT BASIC ESSENTIALS can be found in your handbook, pg. 264

- **Pocket Knife** – Don't over do it. The smaller, the better. The official BSA FOLDING pocketknife has a 2 ½" blade.
- **First-Aid & Hot Spot Kit** – Band-Aids, Mole Skin, Foot Powder, Glide. BE PREPARED.
- **Extra Clothes** - Lightweight fleece jacket, even in summer – plan for the worst. Scouts dress in layers for insulation.
- **Rain Gear** – Troop 2970 highly recommends a rain jacket with a hood and rain pants. BE PREPARED.
- **Nalgene Bottle or Water Bladder** – Dehydration is the most frequent injury at Lenhok'sin.
- **Headlamp or flashlight** - LED, waterproof, fresh or extra batteries – BE PREPARED.
- **Waterproof Matches or Fire Starter** –BE PREPARED for emergencies.
- **Sunglasses, Sunscreen, Shade Hat** – Glasses protect eyes; sunscreen and hat protect your skin & only work if you USE them.
- **Map** – A single map will be provided to the Crew Leader.
- **Compass** – Know how to use it! **Second Class requirement 1a.** Handbook pg. 361.

THE REST OF YOUR GEAR

- **Backpack** – You will need space for your personal gear and the crew gear and food you must carry. 70 Liter recommended.
- **Pack Rain Cover** – To keep your pack and contents dry during the rain that WILL fall. BE PREPARED.
- **Hiking Boots** – Good ones that you have broken in. Your blisters slow down the whole crew.
- **Sleep System** - Sleeping Pad, Sleeping Bag, Pillow (3-season, 20-30 degree bag), and Waterproof stuff sack. BE PREPARED.
- **Day Pack** – A lightweight drawstring bag for a day hike to Viewing Rock.
- **Clothing Appropriate for the Season** – 2970 recommends synthetic material clothing. Cotton is heavy and will not dry!
Hiking Socks & Liners, base layer (underwear), synthetic shirts, zip-off nylon pants.
- **Dry Bag for Clothes** – You cannot get warm if your clothes are wet. Write your name on it.
- **Mess Kit** – Lexan, plastic or metal bowl(s) and utensils (or Spork).
- **Toiletry Ziploc** – Toothbrush & paste, hiking toilet paper (BE PREPARED), hand sanitizer, camping soap, small towel.
- **Personal Medications** – Give to Adult with Medical Forms.
- **Whistle** - For emergencies if you're lost or someone else is lost. Keep it available where you can reach if needed.
- **Insect Repellent or Clothing** – You have three choices here: let them eat you, use DEET, or wear enough clothing.

OPTIONAL GEAR (Remember, you pack it, you carry it):

Chair or stool - lightweight recommended

550/ Parachute Cord -50 feet, many uses

Watch – Early is on time, on time is LATE

Camp Shoes – change into while your boots dry

Swim Trunks and Lightweight Towel – if swimming/boating

Bandana, Hat and Gloves – It gets cold in the morning

Hiking Staff/ Trekking Poles

Questions??? Ask your Crew Leader - that is why he is there!

Your most important essential is common sense – **BE PREPARED.**

Remember...everything you pack, you must carry. The more you carry, the slower you are.

Troop 2970 follows the principles of Leave No Trace – You pack it in, you pack it out.

You must have room in your pack for YOUR SHARE of CREW GEAR and FOOD – This may be MORE than ½ of your pack's volume.

