

Massawepie Treks

Recommended Personal Gear List

- We recommend that you do a gear shakedown prior to leaving for camp - prepare your Scouts to pack minimally.
- A good rule of thumb is that if you can't think of more than two uses for an item, you probably don't need it (with obvious exceptions like a toothbrush, etc.).
- If you're doing a backpacking trek or a canoe trek with multiple canoe carries, it is especially important to pack appropriately - your pack gets heavy quickly! It should never weigh more than a third of one's body weight and even less for a person who is still growing.
- Keep in mind during the shakedown that everyone will need to have extra space in their packs for group gear so no one's bag should be filled to capacity. There should be ¼ empty space in your pack to accommodate food and patrol gear.

Individual Gear

- Large Backpack with waterproof liner (contractor garbage bags work well)
- Compass
- Lightweight Mess Kit - a mug and plate are usually sufficient, along with a spork or similar
- Firestarter (matches, lighter, dryer lint) in waterproof container or small dry bag
- Headlamp or Flashlight (headlamp preferred for hands-free)
- Ziploc Bags - Gallon and Quart Freezer - (helps to sort belongings and keep things waterproof)
- Pocket Knife
- Sleeping Bag - in waterproof stuff sack (or garbage bag)
- Sleeping Pad
- Water Bottles - 2 bottles that are at least 1L each
- Whistle
- Bug Spray/Head Net
- Personal prescription medications - to be carried by your Scoutmaster
- Hiking Boots - sometimes we wear these only in wet weather - try to fit them in your pack!
- Water Shoes - must have a closed-toe - (old running shoes are excellent!)
- *Hand Sanitizer (personal sized)
- *Sunscreen
- *Toiletries - toothbrush, toothpaste, contact solution, extra contacts
- Sunglasses
- Tent
- *Your Voyageur might encourage your troop to share these items - not everybody needs to bring an entire tube of toothpaste for one week.

Clothing - AVOID COTTON:

- 2-3 pairs of socks (smartwool, darn tough, etc.)
- 2 Pairs Shorts (1 swimsuit / 1 hiking type shorts work well)
- 1 Pair Long Pants - great for bugs at night! (rain pants and zip-off pants are tricks to reduce overall weight!)
- 1 Long Sleeve Shirt w/collar and button wrists (an old dress shirt is excellent - best for bugs!)
- 2-3 Wicking T-Shirts
- Fleece Jacket/Sweater
- Hat with visor
- Winter hat (to wear at night) - no joke it gets cold at night in the ADK!
- Rain gear - Jacket and Pants - (Rain Pants can double as cool weather long pants)
- Long johns - top and bottom (for cool Adirondack nights and mornings - really nice to sleep in!)