

Packing list for NYLT Pack & Paddle 2024

Paperwork

BSA Health Form (*Parts A, B & C*): This is standard with ALL Scouting events that are over 72 hours or High Adventure. It is **very** important that **ALL** information about your Scout is current and accurate.

- Include a copy of the front and back of medical insurance cards.
- **Required/Prescribed Medication** (in original labeled containers) and **Medication Cards** should be included. Medication may be transferred into a more trek friendly container after review with the medical officer on trek. This will be part of the check-in process.

Scoutmaster Approval

Code of Conduct

Scout Handbook (optional): Newest Edition. This can come in handy for researching skills. We will not sign off on any requirements, but the scouts can at least check them off and show their knowledge back at their home unit.

Notebook: Keep it small. Comes in handy for taking notes and for a fire starter, if necessary. Do not forget something (pen or pencil) to write with. Suggested to use a small waterproof notebook with a pencil stored in a zipper closure bag.

Clothing

Official Field Uniform for Scout's home unit type (Troop, Crew, or Ship)

The official Field uniform will be worn at the opening ceremony, the first two days for flags and meals, and the closing ceremony. Activity uniforms will be worn during the trekking days.

Field Uniform Includes:

- **Shirt** - Field uniform with all appropriate patches and current rank.
- **Pants or Shorts** - Pants or shorts should be the appropriate color for the uniform type. Scouts BSA troops will be olive green, Venturing crews gray, Sea Scout Ships are Navy.
- **Belt and Buckle** – as needed.

Activity Uniform Includes:

- **Shirt** - Two quick-dry t-shirts will be issued and additional shirts can be purchased.
- **Patrol Neckerchief** – provided.
- **Pants or Shorts** - Pants or shorts should be the appropriate color for the uniform type: Scouts BSA Troops are olive green, Venturing Crews are gray, Sea Scout Ships are Navy. These do not need to be officially licensed uniforms but they do need to be synthetic or quick dry material. No cotton and no denim.
- **Belt and Buckle** – as needed.

Socks: (4 pair min.):

This is perhaps the second most important item to not skimp on. Wool hiking socks (yes wool, even in the summer). Wool wicks away moisture (which causes blisters), insulates when wet and it is softer. Good socks = Dry feet. Dry feet reduces hotspots and blisters. Healthy feet are so important in backpacking. Pick wool socks that fit your hiking boots well.

Athletic quick-dry or liners socks are recommended. Nylon socks to use as a liner and/or with water shoes are a good addition. Read labels for percentage of wool in the blend. Wool is quick-dry and does not smell for repeated use.

No hiking in cotton socks. Cotton socks may be worn as part of your sleep clothing only.

Make sure to wear your wool socks while breaking in your hiking boots to ensure your footwear system works well together. Please contact us with any questions or concerns about this.

Footwear Suitable for Hiking: This is the most important item. Shoes should have a sturdy non-slip tread bottom, support the foot well, and protect the foot from sticks, bugs and rocks (no open-toe or sides will be allowed anywhere outside of the shower house). Waterproof is recommended. Shoes should be broken in and fit properly.



Footwear for Tent Site and Water: A lightweight pair of older tennis shoes work well keeping hiking boots dry during water activities and as a good back up footwear. The tread should still be functioning well. Some athletic shoes dry faster than others. Shoes and hiking boots are required and will be inspected as part of the check-in process.

Base Camp duffel bag and clothing (Scout appropriate): Toiletries, clean change of clothing including underwear and socks. Bring at least one additional shirt to wear when we do laundry but avoid cotton as it will absorb and hold moisture and becomes uncomfortable quite quickly.

Underclothing (3 sets min): We will be field washing our clothes, so a ten-day supply is not necessary, nor practical to take on a trek. Quick dry is best.

Fleece Jacket: The mornings and evenings do get cool. Synthetic material is best and available for purchase prior to the course. Purchases are not required and an appropriate fleece jacket can be found at many retailers or thrift shops. Cotton hooded sweatshirts are NOT recommended.

Raingear: The event goes on rain or shine. Raingear consists of pants and a jacket. Both pieces are required and will be inspected upon arrival. Do not bring disposable ponchos or the cheap plastic single-use rain jackets. Frogg Toggs do not hold up very well to backpacking as they are not breathable and rip easily. Our best advice is to buy the best rain gear you are comfortable purchasing. Gear that breathes is more comfortable. Some jackets have "pit zips" or zippers under the arms that allow for air flow. This is not required but some people prefer this style. Do not bring ponchos, you need pants and a jacket.

Gloves: May be useful when paddling, collecting firewood, or whatever.

Hat: Remember, we are out on the open water and the sun does a lot of reflecting. Wide, soft-brimmed hats work best. It shades the eyes and covers the ears and back of the neck. The soft brim flexes so it does not push against the backpack (this can become very irritating very quickly). It should also pack down small to fit inside the pack when not needed. Hat must be Scout appropriate. We have options for the scouts to purchase special NYLT Pack & Paddle gear prior to the course.



Gear

Tent: Backpacking style that sleeps two (2) plus minimal gear. Half-dome tents with vestibules provide storage and good rain protection. Rainflies should extend far enough down to cover the bathtub seam at a minimum or go to the ground. Cutouts in the rain fly offer vulnerable points for water to enter the tent during a strong storm. Please contact us with questions or concerns about the suitability of your tent.



Ground Cloth: Waterproof ground cloth keeps the inside of the tent and its contents dry. 6 mil plastic works well as it is also very durable (check the paint department). Pack and Paddle promotes the use of the ground cloth on the inside of the tent (for many reasons that we explain to the scouts). The ground cloth should come up the inside of the tent walls no more than 3 inches to form a bathtub. Tyvek sheeting or mylar can also be used for this purpose.

Sleeping Bag: This is a tricky one. It is Upper Peninsula Michigan, but it is August. We recommend a lightweight 40-degree bag. Synthetic stays comparatively warm when wet as compared to down and it is lightweight. The sleeping bag must be waterproofed inside the pack. This is very important and will be inspected upon arrival. A dry bag or even plastic garbage bag is suitable for waterproofing the sleeping bag.

Sleeping Pad: Pad under sleeping bag provides padding from roots and rocks and for joints. *Closed-cell Foam pads* do not deflate, are lightweight, take up more inside pack space or are strapped to the outside of the pack, and are affordable. Self-inflating pads are lightweight, take up smaller pack space, and comfortable but cost more. Air mattresses are very compact but have a potential for air leak and offer little insulation. Practice using your choice of sleeping pad prior to arrival at the course.

Basic Types of Sleeping Pads



Chambered "air" mattress: (L) open tubes, (R) baffled air chambers - lengthwise or across width.



*Self-inflating: (L) perforated foam or (R) solid foam, both with tough fabric cover



Closed cell: dense foam with waffle pattern surfaces



Air pad with either foam, goose, synthetic down insulation



Backpack: Hiking backpacks should be sized and fitted to **your** body. **No** school backpacks (or daypacks). Waist carries the weight, not the shoulder straps. Large enough to carry all your gear, in addition to your food, plus any patrol and troop gear issued during the course for the trek. Large enough for future adventures like Philmont.

External frame allows for attaching lots of extra gear and is more rigid. Internal frame keeps things compact and close to the body (less chance of items catching and snagging).

The two basic types of backpack are **INTERNAL FRAME** and **EXTERNAL FRAME**.



Internal frame packs are ideal for all types of terrain. They tend to be narrower and bear weight closer to your natural center of gravity.

External frame packs were designed first. They are good for carrying heavy loads along well established trails, and also have better ventilation.



Pack Cover: A simple pack cover that snugly fits over the backpack to help repel the rain. We typically strap our backpacks to a tree and cover them with the pack cover.



Waterproof Packing: All items that should not get wet **must** be stored in waterproof bags. These can be purchased or you can use 1-gallon clear freezer zipper bags. It's normal to carry three waterproof bags, one for clothes, one for food, and one extra. Waterproofing is a safety issue and will be inspected as part of the arrival process. Waterproof "dry" bags can be purchased from many retailers but plastic zipper closure or unscented garbage bags may be used as well.



Three – 1 Liter Water Bottles Minimum: We are on the trail and the water, plus we use it for our meal packs. We need to carry lots of water. Wide mouth Nalgene / Camelback type bottles are durable and accept filtration equipment. Smartwater 1L bottles are also allowed. Please make sure these are labeled with the Scout's name.



Mess Kit: Cup for hot beverages and long-handled non-breakable fork /spoon are all that are needed.



Small Camp Towel: Small chamois cloth works well on the trail. The scouts will have two opportunities to shower during the week. A larger towel to be left at camp while trekking is okay.

Toothbrush and Toothpaste: A travel toothbrush with a small tube of toothpaste (small ones from the dentist work great). These should be placed in a zipper closure bag that is labeled with the Scout's name. All smellable items will be stored in a bear bag overnight.

Camp Suds: Biodegradable soap to be used for all washings - hands, shampoo, laundry, etc. A very small container is all that is needed.

Deodorant: None. Not recommended for the trek as it is a smellable and attracts insects and other wildlife.

Personal 1st Aid Kit: Include 6 adhesive bandages, 2 sterile 3 X 3 inch gauze pads, small roll of adhesive tape, 3 X 6 inch piece of moleskin, small bar of soap or small bottle of alcohol-based hand sanitizing gel, small tube of triple antibiotic ointment, scissors, disposable non-latex gloves, CPR breathing barrier, pencil and paper. Include Mole Skin and Mole Pad (*these are two different products that serve different purposes*).

This will be a very small kit, anything requiring more supplies will be handled by our health officer. These should be labeled and will be stored in the bear bags overnight.

Foot Powder: Small travel bottle. This goes hand-in-hand with proper shoes and socks to help keep those feet dry. Gold Bond (or similar brand) powder is recommended as it has multiple uses.

Sunscreen: Sunshine reflecting off the water and high overhead can lead to burns. Travel size, non-aerosol.

Insect Repellent: No aerosols - cream or pump-spray only. Travel size. (Pictures should not be considered to be brand recommendations.)



Flashlight: Keep it small and low wattage with option for red light as bright lights ruin night vision for stargazing, etc. Head lamp is fine, same recommendations.

Pocket Knife: Comfortable fitting and sharp pocket knife has many uses. Totin' Chip required. No large sheath knives permitted. Limit of one pocket knife per Scout.

Wrist Watch: Not a smart watch that needs to be charged. Just a simple wrist watch.

Compass: We will be doing navigation skills and application of those skills. Base-plate compass preferred, pictured below.



Sewing Kit: Simple and small. No need to color-code thread. Safety pins are a good addition.

If you have any questions, comments, concerns, other recommendations;
Please contact: NYLT Pack and Paddle Course Director 2022 - Amy Albers at nyltpnp@gmail.com.