

Gear list for lightweight camping

This list covers the individual gear required for most light weight camps including hikes, Scout Hike and State Rally. Leaders will let you know if there are any special requirements for a camp.

Your pack including your share of tent and food should not weigh more than 20% of your body weight eg if you weigh 40kg your pack should weigh no more than 8kg (not including water)

- Hike Pack - make sure it fits you comfortably.
- Sleeping Bag
- Mat
- Inner sheet
- Torch
- Toilet Gear(toothbrush, small toothpaste, deodorant, brush/comb)
- Towel and soap (see note)
- Mess kit
- Water Bottle
- Whistle
- First Aid Kit
- Boots
- Socks
- Trousers
- Shirt
- Jumper
- Parka or raincoat - even if forecast to be dry this will keep you warm.
- Hat (plus beanie in winter)
- Sunscreen
- Any medication in a zip loc bag with their name on it
- PL and APL should have a watch

For Rally and Scout Hike wear your scout scarf, scout shirt is optional. For other hikes you don't need uniform.

It could be cold at night and warm during the day so layers of clothes will help. Don't bring too many changes as they will be heavy, just enough so you can keep warm and get dry if you get rained on.

We will work out menus and shared equipment (tents, stoves etc) at Scouts. We usually shop for food and do a final pack and check of gear at Scouts at the meeting before the camp.

If you want to be really seriously lightweight you can think about weighing each individual item and putting them on a spreadsheet so you can work out what you can actually fit in your weight allowance. If nothing else know what your pack weighs with your sleeping bag and mat in it - that is your starting weight and lets you know what you have left for other items.

The next few pages have some tips about why things are on the list and what to look for if you want to buy things. I have mentioned Big W, Rivers, Anaconda and Aldi as shops but for Big W you can also look at K Mart and Target and for Anaconda there are lots of other camping stores like Kathmandu, BCF, Rays outdoors etc.

Let us know if you would like to borrow any of the things on the list. We have packs and mats at the troop. Most people don't like sharing sleeping bags so that one you should probably buy.

If your scout enjoys hiking you can start with the basics and ask Santa to help you with some of the more expensive items on the list. Keep an eye out for sales at Aldi, Anaconda, Kathmandu etc.

Lightweight camping - Gear description

Hike Pack - make sure it fits you comfortably.	<p>We have some packs at the troop that scouts can borrow if you don't have one. If you want to buy one take the scout with you to try it on.</p> <p>A 55-65 litre capacity pack is about right. Smaller and they won't fit everything, larger and it will encourage them to carry too much!</p>
Sleeping Bag	<p>Lightweight but warm enough for the conditions. For the locations where camps like Scout Hike and State Rally are held a temperature rating around 0° is ideal.</p> <p>Down usually gives the best warmth for the weight but is more expensive and needs a bit more looking after</p> <p>Synthetic bags are usually cheaper and more likely to retain warmth if they get wet.</p> <p>Sleeping bags will last longer if you air them after each camp and store them out of their compression bags.</p>
Mat	<p>Lightweight foam or self inflating. Important to insulate you from the cold ground as well as for comfort. 3/4 length mats can be good for hiking. Kathmandu have a 3/4 lightweight self inflating mat that often comes on half price sale so watch the website.</p> <p>Self-inflating mats will last longer if you store them with the valve open, either flat or loosely rolled.</p>
Inner sheet	<p>Helps keep your sleeping bag clean and adds a few extra degrees of warmth to your sleeping bag. Silk is lightest but is expensive and hard to look after. Cotton is often better for scouts.</p>
Torch	<p>A head torch is best to keep your hands free so you can put your tent up in the dark. Will you need spare batteries?</p>
Toilet Gear (toothbrush, small toothpaste, deodorant, brush/comb etc)	<p>Mini containers and combs are great for hiking (check the travel section at the supermarket)</p> <p>Some super keen hikers cut the handle off their toothbrush to save weight</p>
Towel and soap	<p>Add a small towel and soap if you will be at a campsite where showers are an option or just a towel if there is somewhere to swim</p> <p>Lightweight microfibre towels are best. They dry much faster than normal towels and are less likely to go smelly if you scrunch them up wet in your bag.</p> <p>You can buy these at camping stores like Anaconda and sometimes at Aldi.</p>
Sunscreen	<p>Mini containers to save weight</p>
Mess kit	<p>Keep it light - plastic and small, but make sure you have a decent knife in case you need to open packaging. A small cloth can double for washing and drying</p>
Water Bottle	<p>Keep hydrated! If you are hiking you may need more than one. Check with your patrol leader to see how much water you need to carry.</p> <p>Some scouts like the 'camel back' style packs with a water tube you can sip from while you are walking. These are handy but not cheap. Don't put cordial in them or you will never get the taste out!</p> <p>As an alternative I often carry a small water bottle with a karabiner clip on my bag so I don't need to stop to drink. I refill it from a larger bottle when we take a break.</p>
Whistle	<p>In case you get lost - a lightweight plastic one is best (not needed for Rally)</p>

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First Aid Kit	<p>All scouts should have a small personal kit plus we will send a larger one with each patrol leader. You don't need to buy one - a lot of the commercial ones aren't very useful anyway.</p> <p>See this link for a great suggested list for a scout first aid kit.</p> <p>https://stjohnscoutsnsw.org.au/downloads/fa-kit.pdf</p> <p>Camps like Rally and Scout Hike will have full first aid facilities at the activity bases and sleep points for any major issues, but scouts should be able to deal with minor scrapes and bumps.</p>
Boots	<p>If the weather is dry you will probably get away with sneakers, but boots are better for keeping you dry and give a bit more support on rough ground. There is nothing worse than wet feet and you won't be able to afford the weight of a spare pair of shoes. Whether you decide to wear boots or sneakers I suggest you spray your shoes with waterproof spray for more protection. Get this from supermarkets.</p> <p>You don't want to buy an expensive pair of boots while feet are still growing. You can often get reasonably priced ones at Rivers, Big W and similar stores. Anaconda often have some cheaper styles on clearance but otherwise most prices start around \$90+. There are lots of other stores you can try too.</p> <p>If you do buy new boots make sure you wear them a bit before the camp so your feet get used to them. That should reduce the risk of blisters.</p>
Socks	<p>Clean dry feet will help you keep happy. Bring spare socks!</p> <p>Make sure they are the right thickness for your boots to fit comfortably</p>
Clothes	<p>Limit changes on lightweight hikes. You probably won't shower but a change of undies might make you feel better. If rain is forecast you might want one change of clothes in case you get wet. Layers will keep you warmer than one thick jumper. Thermals are usually light and very warm so essential in cold weather</p>
Parka or raincoat - even if forecast to be dry	<p>An ideal raincoat for hiking is made from a breathable material (not plastic) but designed to keep out lots of rain. Camping stores can give you advice on this. You probably won't get a good one from Big W type stores (although you can sometimes at Aldi). Lightweight spray jackets often start letting water through after a while.</p> <p>You want it to be long (ideally mid-thigh, at least covering your butt) so it doesn't creep up your back and leave you with a wet backside! Unlike boots you can get away with buying a few sizes too big to allow for growing room. Raincoats are also useful for extra warmth at night or in windy conditions.</p>
Hat	<p>A beanie is essential in winter, a sun hat all year round for day time.</p>
Any medication in a zip loc bag with their name on it	<p>If you want to send Panadol or any other medication with your scout please make sure it is recorded on their E1 form. Make sure they know that Scouts must never give their medication to another scout.</p> <p>Epipens or asthma puffers will be kept by scouts. For other medication it will depend on the camp whether the medication is held by scouts or leaders.</p>
Watch	<p>Essential for PLs and APLs, optional for others. Need to get to activities on time.</p>

If you want it back put your name on it!

If you would be sad if it got stained, broken or lost don't bring it!