

BACKPACK CAMPING STARTER LIST:

Wise advice from T33 scoutmasters, scouts, and others.

Fun Fact: the items underlined is your equipment list. Uloha gives 10% discount if you mention "Boy Scouts".

Don't go crazy and buy a lot of expensive gear. Go slow and see what the more seasoned campers do. Things like tents, stove and knives come later. In fact, younger scouts will not be allowed to bring some of these camping items. Part of the fun is the scout budgeting their purchases and figuring out what gear to have at future events.

Water: Usually 1 liter per hot meal + at least 1 liter for each leg of hike. (5 liters for older scouts, 4 for youngest scouts) just pack out the empties.

Camelbaks (Hydration packs) vs Nalgene bottles: either is fine. You know exactly how much water is left at any given time with bottles. Not so with the Camelbaks because its hidden in pack. Bottle is easier to pour at mealtime. Camelbaks easier to drink on the trail and tend to keep you more hydrated. Avoid heavy Hydroflasks.

Food: Spam musubis or brown bag are popular on-trail lunch foods. Pack brown bag lunch in ziplock to contain a spill, and dispose of trash after the meal. Freeze dried meals: Mountain House brand or similar from Uloha, Walmart or Costco. Dinner could also be Cup Noodles or instant mashed potatoes; breakfast can be the same or Instant Hot Oatmeal (in a Freezer Quart Ziplock bag) or PB & Jam Sandwich with Hot Chocolate. The older scouts, ASMs/Dads will bring stoves to boil hot water for your instant meals like Cup O Noodles or freeze-dried foods.

Snacks: Trail Mix, Granola Bars, beef jerky.

Eating Utensils: Plastic utensils is good enough. Mess Kit if needed. Good to bring Wet Ones and a couple paper towel sheets for cleaning up. Just throw a few in a sandwich ziplock bag.

Hiking

Backpack Make sure it is properly sized. A thick stout waist belt is a priority. Majority of the weight should be carried on your waist, not your shoulders. Popular brands are Osprey, Teton, Gregory, REI. Line main compartment with a trash bag, fill up with gear, and close trash bag to waterproof. Hiking Poles - Best deal is probably Walmart or online for about \$25.

Hiking Boots & Hiking Socks or nylon sock inside cotton sock outside OK. For cheap, I like Hi-Tec. Some prefer mid-cut shoes over high-cut since they are less bulky and allow more movement of the ankles despite offering less protection.

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Some prefer trail running shoes since they dry faster. Make sure you break shoes in a week or two well before a long hike. Cannot bring slippers to wear at camps. Need to be covered toes. Crocs are ok.

Clothing: Everything in Ziplock Bags. No good if it is wet.

Extra Socks - one pair

Underwear - 1 extra okay

Rain Poncho (cheap kine) - gotta have. And be easily accessible while hiking.

Windbreaker/ Light Jacket. Layer clothes

Sleeping

Tent with Ground Tarp. Only for parents and 1st class scouts and above. You might not want to spend a lot of money for your first tent until you understand the trade-off between weight, cost, and durability. Some like 1-man tent, some want a two-man tent so your backpack and shoes can stay inside the tent. Can use rocks for mallet.

Ground Sleeping Pad. Without it, the ground will rob all your body heat; The blow-up kind is smaller and lighter but more costly. Roll up end to use as pillow. Foam pads are more bulky but cheaper.

Sleeping Bag - Should be compact and not the huge, thick ones. I've gotten away with just the flannel sleeping bags too. You don't have to spend much since Hawaii is warm. Available at Uloha for \$50.

Pillowcase: Put extra clothes in for a pillow.

Accessories

Headlight get an LED type. Small \$20 kind is enough.

Spare batteries for light.

Toothbrush and toothpaste. Microfiber Towel.

Toilet Paper AND a Plastic Shovel (Fiskars garden spade, black and/or orange color - City Mill garden section.) This is for quick fabrication of a No. 2 "water closet" in the woods ... basically an 8" diameter x 8" deep mini cesspool.

Plastic Bags one or two for trash. Large garbage bag to cover your backpack during rain, pack a wet tent or to keep wet shoes inside the tent.

First Aid Kit; band-aids, moleskin, and antiseptic wipes. The adults will carry larger kits too. Li Hing Mui for cramps;

Sunscreen, Insect Repellent. Hand Sanitizer along with

Cell Phone; Walkie Talkies if you have them.

Optional: stool or chair.

Pocket knife (totem chip required before scout can carry knife).

Medications with instructions for the younger scouts.

Writing pad and pen or pencil.

Trash: Use a plastic bag to store your trash. Pack out your trash.

Retailers: Uloha, Amazon, Walmart, Costco, REI.

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