

LET'S GO

SCOUTING

BASIC GEAR KNOW-HOW STARTS HERE



A SCOUTING MEMBER IS THRIFTY & PREPARED!



More information
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Visit our website
www.outscouting.ca

TROOP SCOUTING

DOING IT RIGHT-DOING IT SAFE!

For many of our camping trips, we ask that each Scouting member in our traditional Troop be able to carry not just their own gear but also a small portion of the Troop's gear and food. The success of our expeditions depends on the Explorers' ability to use appropriate gear for the tasks at hand. There are numerous affordable options for each of the products listed below, both new and used, so you won't have to break the bank. Depending on some of the gear (ie: stoves, tents, hammocks, tarps, etc.), the Troop will provide already. If you have any questions about the equipment, the leadership team would be more than delighted to help you out.

Don't go broke-be resourceful! Borrow at first, shop second hand, or take advantage of out of season sales. Shop local, shop online, and barter from a friend who doesn't use their gear anymore.

In this document we will look at the following items which can be considered key gear for any traditional Scouting member.



Hiking Backpack



Mummy Sleeping Bag



Sleeping Pads



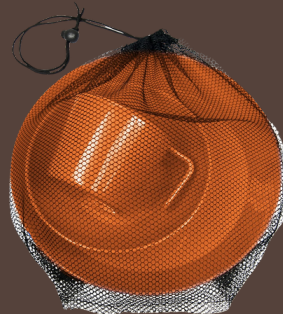
Hiking Boots



Pocket/Sheath Knife



Clothing & Layering



Eating Mess kit



Hiking Boots



Water Bottles/
Water Filter Systems

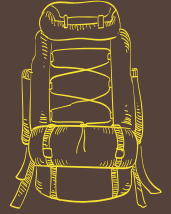


TREAT YOUR GEAR GOOD AND IT WILL REWARD YOU BETTER!

BACKPACKS

A properly fit backpack...

- 50-70L of capacity is ideal
- Smaller bodies may need a smaller pack (no smaller than 40L, though)
- Look for adjustable harness so that the pack can grow with your youth
- A list of youth packs: <https://sectionhiker.com/sectionhiker-gear-guide/10-best-kids-backpacking-packs/>
- MEC: <https://www.mec.ca/en/product/5047-729/discovery-pack>
- Top quality pack at MEC: <https://www.mec.ca/en/product/6005-076/ace-50-backpack>
- Other Scouts have used this during their time in Scouting: <https://vpo.ca/product/318990/wander-70-youth>
- Website with reviews of gear on Amazon: <https://scoutmastercg.com/gear-guide-scouts-backpacks/>
- A pack from Mountain Warehouse: <https://www.mountainwarehouse.com/ca/extreme-back-system-traveller-65l-p33742.aspx/blue/>



SLEEPING BAG (compact)

- Stuff size is key, the bag should compress to less than 15L so that it doesn't take up too much room in the pack
- Look for a comfort rating of 0-10 C, which will work for most of our camps; winter bags can be larger or created by nesting 2 sleeping bags. Too warm? Sleep with bag open or on top of it.
- Add fleece liner or blanket for an extra 3-5 C of warmth.
- A "mummy" bag with integrated hood keeps you warmer. 60% of your body heat is loss through your neck and head.
- Example: <https://skyviewcamping.com/collections/synthetic-sleeping-bag/products/copy-of-eureka-spero-30-1-c-30f>



SLEEPING PAD

- Select either a closed cell foam pad or a lightweight inflatable pad
- Closed cell pads are bulky but can be strapped to the outside of most packs
- Do not use a yoga mat
- Good inflatable pads can be pricey
- Air mattresses and heavy inflatable pads from Woods and Coleman should be avoided
- Example (closed cell): <https://www.mec.ca/en/product/4003-969/Blue-Foam-Regular-Sleeping-Pad>
- Example (inflatable): <https://www.amazon.ca/Static-Sleeping-Pad-Green-2020/dp/B09235NF2B?th=1> (I personally use the orange one as it is insulated... good price right now)



QUALITY HIKING BOOTS

- Boots that go above the ankle and offer support are key
- Lots of used options, as it can be pricey to buy new boots every year as feet grow
- Waterproof uppers and heavy soles are ideal
- Example: <https://www.mountainwarehouse.com/ca/trekker-ii-waterproof-mens-softshell-boots-p24827.aspx/khaki/>



**“A WEEK OF CAMP LIFE IS WORTH SIX MONTHS OF THEORETICAL TEACHING IN THE MEETING ROOM.”
-LORD ROBERT BADEN-POWELL**



DRY BAGS (for canoe trips & wet camping)

- 1 20L bag will fit all clothes, and 1 15L bag will fit the sleeping bag
- These help keep gear dry, regardless of how much it rains
- Example: https://www.amazon.ca/dp/B0798H6JLM?ref=ppx_yo2ov_dt_b_product_details&th=1&psc=1
- Some Explorers will use a large backpacking water bag as their main backpack for all camping trips.
- Doubled garbage bags can also be used in a pinch...



POCKET KNIFE

- A pocket knife will likely stick with you well into your adulthood. This will be a well used tool as a Explorer.
- New Explorers should look for something simple, with a locking blade full tang
- New Explorers will not be allowed to use their knives until safety training has been completed at camp
- Example: <https://skyviewcamping.com/products/victorinox-alpineer>
- A common and recommended style of knife in our Troop is the “Mora Knife.”

RECOMMENDED PLACES TO GEAR SEARCH:

- Borrow before buying-check with other Scouting members
- Online Facebook Marketplace, KIJJI, and community gear swaps
- BassPro/Cabella’s
- Mountain Equipment Co-op (MEC)
- Amazon
- Mountain Warehouse
- Costco
- Canadian Tire
- Walmart

Check with the leadership team, as they would be happy to make recommendations to suit any budget. Check with the Group Quartermaster, where the Troop has a lot of gear which can be borrowed.

DRESSING IS NOT JUST FOR THE HOLIDAYS

In addition to the gear above, selecting appropriate clothing is key to staying warm and dry on any adventure. We live in a part of Canada (eastcoast) where if you don’t like the weather, then wait 15 minutes, it could change. Here are some tips on dressing prepared:

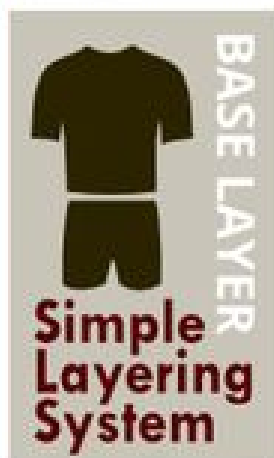
RAIN GEAR

- We live in a humid part of Canada. When it’s humid...its humid and it can rain A LOT
- Explorers that have rain pants and rain jackets stay driest and happiest
- GoreTex isn’t the only solution
- Mountain Warehouse (a UK-based outdoor gear chain store with a Canadian location, <https://www.mountainwarehouse.com/ca/bracken-extreme-3-in-1-kids-jackets-p15864.aspx/black/>)
- Canadian Tire, Walmart, Bass Pro, and good old Amazon have great value and variety.
- Always pack a cheap Dollar Store rain poncho in your pack. Refer back to the first bullet in this list.



OUTDOOR CLOTHING BASICS

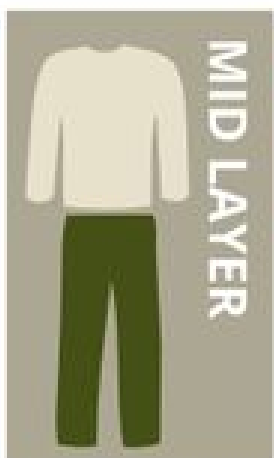
The secret to dressing for the outdoors is layering. The base layer is worn against the skin, a mid layer goes over the base, an insulating layer is next, and a shell layer is worn over everything. Layers are adjusted according to the season and conditions.



Synthetic tee shirt and undershorts for all seasons.



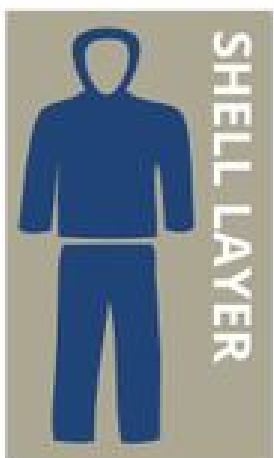
Synthetic or wool long underwear for cold conditions.



All-purpose layer that can be worn in any conditions.



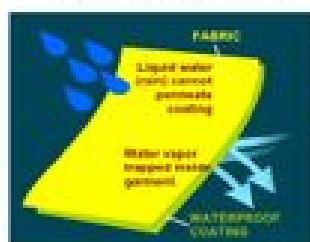
Synthetic fleece pullover, jacket or wool sweater, synthetic fleece pants for cool to cold weather.



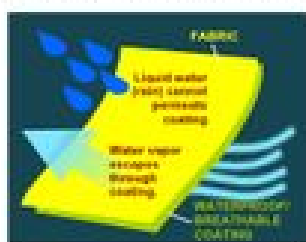
Rain jacket with hood and rain pants for all seasons.

Waterproof or Waterproof Breathable?

Basic waterproof rain gear works very well. The relatively small amount of moisture trapped inside a waterproof rain suit will be wicked away from the skin by the under layers, and you'll stay comfortable. Waterproof fabrics are less expensive.



Waterproof fabrics have an impermeable coating that does not allow water vapor to escape from the inside out, but still keeps the rain out.



Waterproof breathable fabrics are constructed with a permeable membrane that permits water vapor to escape from the inside out without allowing liquid water to penetrate from the outside in.

What about Ponchos? Ponchos are awkward when doing just about anything other than sitting still. A waterproof jacket and pants are much more serviceable.

THE "SAFETY SUIT"



I know from experience a rain jacket, rain pants, and synthetic or wool long underwear tops and bottoms can keep you reasonably warm and safe in the worst kind of weather no matter what the season. **Carry these two essential layers on any trip.**



Cotton Kills

It may sound overly dramatic, but it isn't. Cotton is fine for dry, warm conditions but ideally dry and warm conditions are rare. It is much harder to stay dry and warm outdoors than most people think.

Cotton holds moisture and moisture saps body heat. When the body loses heat faster than it can produce heat hypothermia sets in. At first, this is merely uncomfortable; but it can become serious medical emergency. Hypothermia can happen at temperatures well above freezing.

Synthetic or wool fabrics insulate even when wet and are strongly recommended for cold weather. In warmer weather, a synthetic base layer draws perspiration away from the skin and keeps you cool and comfortable.