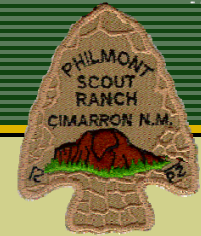




Chester County Council, BSA



High Adventure Committee

Gear Clinic

Philmont Parents & Participants

November 9, 2016

High Adventure Committee
Chester County Council, BSA

Equipment: The "Big Four"

✦ Hiking

- ◆ Boots & socks
- ◆ Backpacks



✦ Camping

- ◆ Sleeping bag
- ◆ Sleeping pads



✦ Clothing

- ◆ Rain gear
- ◆ General clothing



✦ Everything else

Hiking: Boots & Socks

Lightest boot capable of handling trails and loads you'll have.

Remember: your weight = you + your pack (+/- 50 lbs.)

Waterproof! Gore-Tex or commercial equivalent

Leather

- ✦ More expensive
- ✦ Careful break in
- ✦ Heavier

Fabric & Leather

- ✦ Less expensive
- ✦ Lighter
- ✦ Minimal break-in

Hiking: Boots & Socks

- ✦ It's the fit, not the size
- ✦ No toe contact with front on incline
- ✦ Walk around - does it feel right?
- ✦ Socks
 - ◆ 2 pair socks - thin synthetic liner, mid-weight wool
 - ◆ 1 pair sock – mid-weight wool
 - Personal Preference -> Determine what works for you during practice hikes
- ✦ Camp shoes



Hiking: Backpacks

External Frame

- ✦ Less expensive
- ✦ Heavier
- ✦ Spaced from back
 - ◆ Cooler
 - ◆ Tolerates lumps
- ✦ Some gear outside
- ✦ More pockets
 - ◆ More freedom packing
- ✦ Higher center of gravity

Trade-offs

Internal Frame

- ✦ More expensive
- ✦ Lighter
- ✦ Close to back
 - ◆ Hotter
- ✦ Gear inside & outside
- ✦ Fewer pockets
 - ◆ Careful packing required
- ✦ Lower center of gravity

Bottom Line: Either will work for Philmont – Personal Preference.

Hiking: Backpacks

- ✦ Pack Size - Must be adequate for personal/crew gear, food
 - ◆ External: Minimum of 4000 cu in (approx. 65 L)
 - ◆ Internal: Minimum of 4800 cu in (approx. 80 L)
- ✦ Sizing (based on torso) and fit are *critical*
 - ◆ Get measured and fitted correctly
- ✦ Try on many different packs
 - ◆ Features vary between manufacturers
 - ◆ Padding styles differ (straight, curved, etc).

Don't forget rain cover and shipping bag!

Camping: Sleeping Bags & Pads

- ✦ Don't buy a 'special' bag
 - ◆ Philmont: 25° to 30° rating
- ✦ Minimize Bulk
 - ◆ Philmont NLT: 10" dia x 20" length; 5 Pounds
 - ◆ Use compression sack or Ziplock bag
- ✦ Waterproof
 - ◆ Trash bag inside stuff sack



Camping: Sleeping Bags

If you buy a new bag, buy one that suits you for the future.

Mummy

- ◆ Less room
- ◆ Less to heat
- ◆ Hooded
- ◆ Lighter
- ◆ Usually ½ zipper

Rectangular

- ◆ More room
- ◆ More to heat
- ◆ No hood
- ◆ Heavier
- ◆ Usually full zipper

Camping: Sleeping Bags

Down

- ✦ Warmest
- ✦ Lightest
- ✦ Loses insulation ability when wet
- ✦ Very hard to dry
- ✦ Expensive

Synthetic

- ✦ Warm enough
- ✦ Light enough
- ✦ Reasonable value when wet
- ✦ Easier to dry
- ✦ Less expensive

It doesn't matter if the bag is down or synthetic...
...if it's wet you won't want to sleep in it.

Camping: Ground Pads

✦ Philmont

- ◆ closed cell or self-inflating foam
- ◆ $\frac{3}{4}$ length deemed adequate

✦ Sleep is very important

- ◆ Don't adopt a new strategy



Camping: Ground Pads

Closed-cell foam

- ✦ Water proof
- ✦ Inexpensive
- ✦ Lightest
- ✦ More bulky
- ✦ Packs quickly
- ✦ Durable
- ✦ Thinner

Self-inflating

- ✦ Not water proof
- ✦ More expensive
- ✦ Heavier
- ✦ Less bulky
- ✦ Packing takes a little longer.
- ✦ Slightly more comfortable
- ✦ Thicker
 - ◆ Adults prefer

Clothing: Rain Gear

Objective: stay warm & dry, while able to pack small

- ✦ Not worth it to go cheap
- ✦ Look for nylon w/Gore-Tex

Suggested: Two-piece rain suit

- ✦ Pants with side zips and/or boot zips

Gators are an alternative to rain pants.

Clothing: Rain Gear

Avoid:

- ✦ Ponchos
- ✦ Plastic
- ✦ Paper
- ✦ "Frogg Toggs" rain gear



Clothing: General

- ✦ NO COTTON! NO COTTON! NO COTTON!
- ✦ Minimum requirement is 50/50 blend
- ✦ Recommend quick dry, moisture wicking clothing; synthetics

Chester County Council High Adventure Committee

Philmont Personal Gear

Personal and Miscellaneous

- *small pocketknife (A) _____
- *matches and lighter in waterproof container (BB, A) _____
- *flashlight (small with extra batteries and bulb) _____
- *Philmont map (A) _____
- *compass—liquid-filled (A) _____
- *2 bandannas or handkerchiefs (BB) _____
- money (\$10-\$20 in small bills) _____
- *lip balm (BB, A) (with SPF of 25) chapstick _____
- *soap, biodegradable (BB, S) _____
- *toothbrush/toothpaste (BB, S) _____
- *small camp towel _____
- *tampons/sanitary napkins (BB) _____
- *sunglasses (inexpensive) _____
- *ditty bag (for personal items in bear bag) _____

Optional

- *camera and film (BB) _____
- *whistle _____
- watch, inexpensive _____
- *fishing equipment/licenses _____
- *postcards, pre-stamped _____
- rubber bands (large for packing) _____
- *foot powder (BB, S) _____
- *note pad and pen _____
- *daypack for side hikes (S) _____

NO RADIOS, CD/MP3 PLAYERS, VIDEO, GAME DEVICES OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED. DO NOT BRING DEODORANT.

Code

- *Available at Philmont's Tooth of Time Traders
- (BB)—Packed together in plastic bag to be placed in bear bag at night
- (S)—Share with buddy
- (A)—Easily accessible in pack or carried on person

YOUR PERSONAL EQUIPMENT	Check	Double Check
Packing		
pack with padded hip belt (rental available)	_____	_____
capacity: external frame—4000 cu in +/-		
internal frame—4800 cu in +/-		
*pack cover—waterproof nylon	_____	_____
*6–12 (gallon size) Ziploc plastic bags to pack clothes	_____	_____
Sleeping		
sleeping bag in stuff sack lined with plastic bag	_____	_____
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts)	_____	_____
*straps to hold sleeping bag on pack	_____	_____
*foam sleeping pad (closed cell or Thermo-Rest)	_____	_____
CLOTHING		
Layer A (Hiking Clothes)		
hiking boots—well broken in	_____	_____
lightweight sneakers or tennis shoes	_____	_____
*3 pairs heavy socks	_____	_____
*3 pairs lighter inner socks (polypro)	_____	_____
3 changes underwear	_____	_____
*2 hiking shorts	_____	_____
*2 short sleeve shirts (not nylon)	_____	_____
*1 hat or cap—flexible, with brim	_____	_____
Layer B (Cool Evening)		
*1 long sleeve shirt (wool or synthetic)	_____	_____
*1 long pants, cotton or nylon (not heavy jeans)	_____	_____
*1 pair insulated underwear (polypro)	_____	_____
Layer C (Cold)		
*1 sweater or jacket (wool or polar fleece)	_____	_____
*1 stocking cap (wool or polypro)	_____	_____
*1 glove liners or mittens (wool or polypro)	_____	_____
Layer D (Cold, Wet, Windy)		
*1 sturdy rain suit (A)	_____	_____
Eating		
*deep bowl (small, plastic)	_____	_____
*cup (measuring style)	_____	_____
*spoon	_____	_____
*3 or 4 one qt. water bottles (BB, A)	_____	_____

Outfitters

✦ EMS

- ◆ www.ems.com
- ◆ 289 Main Street
Exton, PA
- ◆ Concord Mall
4737 Concord Pike
Wilmington, DE

✦ Dick's Sporting Goods

- ◆ WWW.dickssportinggoods.com
- ◆ Brandywine Square
1026 E. Lancaster Ave.
Downingtown, PA

✦ REI

- ◆ www.rei.com
- ◆ Conshohocken
Plymouth Meeting
200 W Ridge Pike
Conshohocken, PA 19428

✦ Campmor

www.campmor.com

✦ ScoutDirect

www.scoutdirect.com

www.alpsmountaineering.com

Being Thrifty: Saving \$ on New Gear

- ✦ Great for holiday/birthday gifts
- ✦ Watch for sales (Black Friday), coupons, Scout/Club Days
- ✦ Ask if the store has a discount for Scouts, AAA or AARP or <your favorite organization>
- ✦ Join store "club" and email (for specials, coupons)
- ✦ Check credit card point programs
- ✦ Look at the Closeout rack(s).
 - ◆ get deals on last years color/style
- ✦ Think about returns/replacement parts (just in case)
 - ◆ E.g., at Philmont - Mini-Bears, bit valves/covers

Being Thrifty: Saving \$ on Used Gear

Most often used for 10-14 days (e.g., 1 trek). You need to know what you're looking for, and allow time to find.

- ✦ Been there, done that - got the Patch. Do you know someone who has gone to Philmont recently?
 - ◆ BORROW equipment - if you can.
- ✦ Craigslist – Use search engine for all of the U.S.
 - ◆ If local you can go look at it. If not local, ask seller if they will ship (if you pay shipping) & mention scouts - it helps.
 - Most (not all) of the time, people will ship if you pay for shipping
- ✦ eBay

Chester County Council High Adventure Committee

Questions?



More Information

✦ Chester County Council Home Page

- ◆ www.cccbsa.org
- ◆ High Adventure Page

✦ Email

- ◆ philmont@cccbsa.org