

Troop 171 Biking Spring/Fall Camping Checklist

(modify for weather forecast)



The weather at can range from snow to intense sun this time of year. Plan your gear appropriately. Remember, the temperatures can range from 40 at night to 75 in the heat of the day. Rain is always a possibility. Be prepared.

We will be cooking as a troop. Each Scout and family member must have their own plate, bowl and utensils.

MAJOR EQUIPMENT *****

- | | | | |
|-------|---|-------|--|
| _____ | Pack or duffel to carry gear | _____ | Tent or arrangements with troop or other |
| _____ | Sleeping bag (down or Polarguard. Plan on approximately cool nights.) | | |
| _____ | Foam pad (Essential. An air mattress is not good for winter camping. ThermoRest pads are GREAT) | | |
| _____ | Accessory straps (used to attach sleeping bag and foam to pack frame) | | |

CLOTHING *****

- | | | | |
|-------|---|-------|--|
| _____ | Long sleeve shirts (2 recommended.) | _____ | Underwear (2 changes) |
| _____ | Inner socks (2 pair, polypro is the best) | _____ | Hiking shorts for playing on the dunes |
| _____ | Pants (1 change required.) | _____ | Gloves (light wool or equivalent) |
| _____ | Tennis shoes or Teva's for sand and water crossings | _____ | Lightweight Hiking Boots |
| _____ | Second pair of camp shoes to use when first pair is wet | | |
| _____ | Hat for sun protection | | |

+++ **REMEMBER: PACK FOR SNOW, RAIN, AND INTENSE SUN!** +++

EATING GEAR *****

- | | | | | | |
|-------|---|-------|-----|-------|--------------------|
| _____ | Bowl, plate | _____ | Cup | _____ | Spoon, knife, fork |
| _____ | Water bottle or canteen (Wide mouth bottle is best) (FILL IT AND DRINK IT TO AVOID DEHYDRATION!). | | | | |

TOILET ARTICLES *****

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|-------|---|-------|----------------------|
| _____ | Personal toilet paper (small role in zip lock bag.) | _____ | Chapstick or lipbalm |
| _____ | Toothbrush and toothpaste (keep in 35 mm film can) | | |

MISC. ITEMS *****

- | | | | |
|-------|--|-------|--|
| _____ | Flashlight (w/NEW alkaline batteries) | _____ | Money (for stops on the way) |
| _____ | Nylon camping cord (50 feet)(NOT OPTIONAL) | _____ | Compass |
| _____ | Pocket knife | _____ | Scout Handbook |
| _____ | Pencil and pad of paper | _____ | Survival kit |
| _____ | Sunglasses (IMPORTANT) | _____ | Games, cards, frisbees, etc. for tent, around camp |
| _____ | Spare batteries (new alkaline) | _____ | Healthy munchies |
| _____ | Small Flashlight (AA size)(with fresh alkaline batteries) | | |
| _____ | Matches (in a waterproof case - prescription bottles work great.) | | |
| _____ | Large garbage bag or pack cover (to cover your pack at night.) | | |
| _____ | Personal First Aid Supplies (moleskin, Band-aids, Tylenol, etc.) | | |
| _____ | Prescription or non-prescription medications (give the trip leader a duplicate of important medications) | | |

SPECIAL GEAR TO TAKE WHEN MOUNTAIN BIKING IN THE BACKCOUNTRY

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|-------|----------------------------------|-------|--|
| _____ | HELMET (No helmet no ride) | _____ | Sunscreen |
| _____ | Comfortable Clothes to ride in. | _____ | Water in Waterbottle or Hydration System (makesure to fill it and drink it to avoid dehydration) |
| _____ | Gloves | _____ | Spare Tube |
| _____ | Tool Kit | _____ | Pump |
| _____ | Sunglasses | _____ | Energy Food and snacks |
| _____ | Patch Kit | | |
| _____ | Computer to record mileage, etc. | | |
| _____ | Lycra Short and Jesery | | |