

# Personal Gear List for Weekend Hike

On an overnight or several-day hike, your pack can be either your best friend or the bane of your existence. Getting your hiking gear right by packing light and smart is the best preparation you can do (and thank yourself for later)

## General

Scout guidelines for the weight of a packed rucksack is 20 percent body weight of the scout.

While it is not always possible, please try to keep the weight down as much as possible (points are deducted for overweight packs at competition events such as Scout Hike). Don't forget to allow room for food, cooking gear & parts of a tent as these are sometimes divided up after leaving home and everyone needs to carry their portion of the patrol gear.

Warm, breathable and quick-drying clothing worn in several light layers are more effective than one heavy article of clothing. Take one extra set of clothing. No more, save your back.

Please look out for these at the camping store seasonal sales, ie avoid paying full price!! They also make great gifts at birthdays etc.

## Essentials

**Rucksack (backpack)** . The amount of gear a rucksack can hold is usually measured in litres. A larger capacity is not always better. Be careful not to overfill your pack and carry too much weight. Once fully packed, try to keep your load to 20 percent of your body weight. A good rule for those not yet full grown: Look for a pack with a capacity of 50 to 65 liters. Shop at an outdoors specialty store with a knowledgeable sales staff who can help fit you with the right backpack. Try on at least three packs and then spend the time having each adjusted properly by the sales staff.

**Waterproof pack liners or plastic bin liner** . Heavy duty orange garden bags are perfect.

**Other plastic bags** . for dry gear. See notes next page.

**Sleeping Bag** . Most sleeping bags have a temperature rating on the tag (+10° or -5°). This tells you, the minimum temperature that will be comfortable while in that bag. It's important to realise this is a rough guide only and not an industry standard. Keep in mind, are you a hot sleeper or do you always seem to be colder than your friends. Modern synthetic bags work well for young, carefree scouts who might not remember to keep every thing dry as they still insulate when wet (where as a down filled bag is useless when wet and takes a long time to dry), are simple to care for (machine washable), easier to store and are much less expensive to purchase than down bags.

**Sleeping Matt or Thermarest** . No airbeds, they are too heavy and offer minimal insulation. Foam mats approx size: 180cm x 51cm x 7 - 8mm.

**Thermals** . A great option in cold weather they are worn under shorts & shirt. Very warm, very light.

**Jumper** - Fleece is best as it's light.

## Beanie

**Socks (Max 2 pairs)** . Thick cotton socks are needed to absorb moisture and to cushion the feet.

## Underwear x 2

**Shorts x 2** - For bushwalking. Boardies are good, as they are light weight, (One to be kept dry for

campsite and sleeping).

**Shirts x 2** - Suitable for bushwalking (collars are best for sun protection) (One to be kept dry for campsite and sleeping).

**Toiletries bag** - Tiny bit of soap, face washer; toothbrush & only what you need toothpaste, toilet paper (not a whole roll!).

**Towel** . small light weight towel or lightweight microfibre towel.

**Eating Utensils** . in a pull string cloth bag, not plastic bag. Bowl or plate (not both check menu to see which is most appropriate) usually plastic, aluminium or enamel, mug, knife, fork, spoon and tea towel.

**Small Personal First Aid Kit** . You MUST let your Scout Leader & Patrol Leader know of any personal medication & allergies.

**Sunscreen & insect repellent** . only what you need in tiny bottles, Tiny bottles can be purchased from pharmacists. No aerosol cans

**Raincoat** - A waterproof jacket is your main protection against wind and rain. The best type is a hooded Gortex or Japara type however these are hideously expensive & heavy. A poncho will suffice. Padded ski and sailing jackets are not suitable.

**Torch** . check batteries? Head torch recommended for hands free cooking.

**Whistle** - In case you become separated from the group on a bushwalk.

**Water Bottle** . 750ml water bottle minimum . used plastic bottles you buy mineral water in are the best (light, surprisingly strong). Make sure it is easily accessible and secure on your backpack.

**Shoes x 1 pair** - Suitable for bushwalking. Running shoes/volleys are OK.

**Hat** - A hat must be worn for sun protection. Broad brimmed preferred.

**Food** - All food (meals, snacks & fruit) will be distributed at the start of the weekend or on the Thursday night before the hike. PL\$ to organize. Do not bring extra food, you can not afford the weight.

**Cooking Gear** . Will be distributed at the start of the weekend or on the Thursday night before the hike. PL\$ to organise.

**Tents** . Parts of the tent will be distributed at the start of the weekend or on the Thursday night before the hike. PL\$ to organise

**Compass** . only those suitable for use with topographic maps. PL\$ or SL\$ to advise.

**A1 form & payment** . forms & payment must be handed in BEFORE the activity on the due date as shown on the form. No form, no go.

# Packing Your Pack

## Make A Check List

Use a check list that includes every item you will require.

## Pack Liners and Plastic Bags

A pack liner or bin liner should be used inside your pack to keep everything dry. Clothing and other items should be kept in plastic bags inside this liner to keep them dry and easier to find. The sleeping bag in particular must be kept dry under all circumstances, so make sure it is well wrapped.

## Food

Dry foods are best packed in individual zip lock bags. Wet foods such as margarine, honey, spreads etc, are best stored in small plastic containers available for pharmacists or camping shops (expensive) and then stored in a plastic bag. Leave jars, canned food etc at home - they add unnecessary weight.

## Packing your Gear

Pack all your gear into your pack. Don't leave anything hanging on the outside. It may fall off and get lost and will probably rattle and jiggle about annoying both you and your companions.

Packing lightly and efficiently, with only the things you really need keeps your hiking adventure fun, rejuvenating and memorable

## Tips

~ 15kms into a hike in the wilderness is not the best place to realise you've forgotten to pack something really important, so use a basic list to make sure your

hike is set up for thrilling success..

~ Use a waterproof pack liner inside your pack to keep everything dry if it rains or otherwise gets wet. If you don't have a proper packliner, use a heavy duty bin liner. Even the best, most expensive packs leak in heavy rain!

~ Use more plastic bags to hold clothes and other things that must be kept dry. Be very careful to keep your sleeping bag very dry. This method of dry bags within dry bags makes absolutely sure your warm gear is kept dry.

~ Put the heavy items towards the top of your pack, close to your body. Lighter things and things you don't need to get at easily can go at the bottom.

~ Many packs have a separate compartment at the bottom for your sleeping bag. **(If you can unzip this compartment, please do so as it will create heaps more room for you.)**

~ It makes good sense to put things you may need to get at near the top. The top pocket is an ideal place for the things you have to get in a hurry, including your first aid kit.

~ **Don't let Mum or Dad pack your pack** - remember, you need to carry it and know where everything is!

Stuff you may need during the day on top or in top pocket

Heavy items near top & close to body

Clothes and lighter stuff

Sleeping bag



## How heavy is your Pack?

Your full pack with all food and gear included should not weigh more than 20% of your normal body weight.

## How comfortable is your Pack?

It is absolutely essential your pack is comfortable. The pack should sit comfortably on your back with most weight on the hip belt, not your shoulders. DO NOT use a hand me down pack which is too big or too small for you.

Your weight(kg)	Max pack weight (kg)
20	4
25	5
30	6
35	7
40	8
45	9
50	10
55	11
60	12
65	13

70	14
75	15
80	16
85	17
90	18
95	19