

PRE-BACKPACKING ACTIONS

Change attitudes & Build Skills

- On all or most camping trips require scouts to pack all personal gear in their backpack & minimize extra "stuff".
- At meetings check out (shakedown) scouts' gear using a gear list
- Plan ACTIVE camping weekends
- Ditch the trailer, take only the equipment needed
- Minimize the number of tents



7

7

PRE-BACKPACKING ACTIONS

Change Attitudes & Build Skills

- Camp away from the cars - make only 1 additional trip to cars for group gear
- Plan & prepare meals to minimize gear & waste:
 - No disposables
 - Minimize or eliminate the need for a cooler
 - 1 Pot meals that only require bowl & spoon
 - Repackage food & take only what you will eat
 - Have additional simple food just in case (Ramen Noodles)



8

8

INITIAL BACKPACK TRIPS

Start simple

- Out and back, one night, don't need to go far
- Use established campsites (water & privy)
- Gear Lists & Shakedown are an important training tool
- Check backpacks: fit, packed & weight
- Real food but "backpack compatible"
- Re-package foods to save space, weight & trash



9

9

PACKING FOR A TREK: GOALS

1. Make sure you have everything you need
2. Minimize the weight and volume
3. Pack so that everything fits in or on pack
4. Pack so your pack is comfortable, balanced and secure
5. Pack so it's easy to "live out of your pack"



Useful Tools:

- Gear List
- Shakedowns (multiple)



10

	Description	Details	Individual	Comment
Trail	Backpack	Adjusted while full and with all required attachment straps	x	
	Rain Outfit	Rain Jacket or Poncho (Pants Optional - Depending on the season)	x	
	Rain Covers	Pack Cover &/or Garbage Bag	x	
	Personal First Aid Kit	Band-aids, blister pads, personal medication	x	
	Large First Aid Kit	Troop 1st Aid with comprehensive emergency supplies		Group
	Dirty Bag & Towel	Tooth B.P., Comb, Soap, W/C, Medium Pack Towel	x	
	Trail pack	Compass, Whistle, Lightweight pocket knife (Opt.), matches	x	
	Trail Information	Maps & Trail Guide		Group
	Water	At least 2 quarts with 1 accessible on trail (Bladder/mouth piece option)	x	
	Bung/Water	Personal Toilet Paper w/ disinfectant	x	
Food	Camp Shoes	Lightweight sandals, water shoes or crocs	Opt	
	Seasonal	Insect Repellent, Sun Screen (seasonal)	x	
	Group Meals	Drives & Lunches (except 1st meal)	x	
	Personal Meals	1st meal "Brown Bag" & all Breakfast	x	
	Trail Snacks	2 snack bars or Trail mix per day recommended	x	
	Socks / Trail Sneakers	Lightweight, comfortable (breathable), good traction, support	x	Worn
	Sock set	Linens & wool or Cool Max - NO COTTON	x	Worn
	Socks / Linen	Carry 1 "set" per day including the first day	x	
	Pants/shorts (Seasonal)	Sturdy Pants, Convertible pants, Running shorts, Bathing suits	x	
	Shirts (Seasonal)	T-shirts, Long Sleeve shirt	x	
Kitchen	Sweater/Jacket (Seasonal)	Fleece recommended (wool) Rain Jacket could be windbreaker	Opt	
	Glasses	Regular, Sun glasses, reading glasses, contact	x	
	Gloves	For warmth or protection	Opt	
	Bowl/Table Spoon/Mug	Check Menu: Knife, fork or plate are probably NOT required	x	
	Stove & fuel	Backpacking stove(s) w/ needed fuel		Group
	KP Bag	Biodegradable Soap, sponge, cloth		Group
	Water Treatment & Containers	Pump or gravity filter, Tablets or UV Light with group collapsible		Group
	Beer Cans/beer	Enough to hold all Smelties/beer from 1st night		Group
	Cooking gear	10 st. pots & large spoon / tads		Group
	Light	Flare/light/head lamp	Lightweight w/ fresh batteries	x
Shelter	Tent/Pat	Lightweight tent, if esp weight per trekker under 3 lbs.)	x	Group
	Sleep Sack (Seasonal)	Lightweight compact bag in waterproof sack	x	
	Sleep Outfit	Special sleep clothes could be pack with sleeping bag	x	
	Sleeping Pad	Lightweight (foam or pillow case is optional)	x	
	Pillow	Only if lightweight & compact (pillow case stuffed with clothes)	Opt	
Overhead	10x10 tarp tent w/ stakes & cords	Opt	Group	

11

SHAKEDOWNS

**1st (Preliminary) Shakedown:
Several weeks before Trek**

Check Critical (Big ticket) Gear

- **Foot Gear**
 - Boots (Terrain, weight, ankles)
 - Socks (No Cotton) - Worn & packed
- **Sleeping Bag & Pad**
 - Lightweight & compact
 - Temperature
- **Rain gear**
 - Jacket & hood vs. poncho
 - Pants (Optional)
- **Backpack**



12

12

BACKPACK

• Make sure it fits:

You

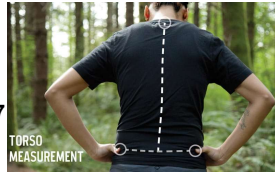
- Fit & adjust with weight
- Torso length is from the C7 vertebrae to iliac crest.

Your Gear

- Try to fit everything (including Group gear) inside
- Use attachment straps mounted to pack or frame if needed

Notes

- External frames work well especially for shorter scouts
- Troop can keep a supply of donated backpacks
- Backpack can be borrowed



13

EXTERNAL FRAME



14

SHAKEDOWNS

2nd (Personal) Shakedown:

At least a week before trek

Permission slip deadline include:

- Allergy & Medical Information
- Contact information (Home Contact Individual)

Check all Individual Gear

Note:

- Missing gear
- Gear to be eliminated (e.g. deodorant)
- Gear to be replaced or minimized
- Clothes & other critical gear protected from moisture?



15

15

SHAKEDOWNS

3rd (Final) Shakedown:

A day or 2 before trek

Final Check of Individual Gear

- Water (2 quarts)
- Personal Food (except brown bag)

Distribute Group Gear

- Look at both weight and volume

Final Check of Backpacks:

- Weight
- Fit
- How it's packed



16

16

BACKPACKING MEALS

Individual Responsible for:

- Snacks: Gorp (Trail Mix), energy bars, etc..
 - Control the amount
- 1st Brown Bag meal – Minimize trash
- Lunch?
- Breakfast – Including beverage
 - Oatmeal - best weight & volume option
 - Cold Cereal - Light but bulky (powdered milk?)
 - Instant breakfast mix
 - Instant Mash Potatoes - with bacon bits



17

17

BACKPACKING MEALS

Group:

- Lunches:
 - Peanut Butter & Jelly on tortillas/crackers
 - Nutella, Almond butter, other suggestions?
- Dinner:
 - Freeze dried meals – expensive no control
 - Grocery store food – quite a lot is suitable
 - One pot meals (Sample meals provided)
 - Home dehydrated ingredients
 - Commercial dehydrated ingredients
 - Harmonyhousefoods.com Coupon code: "Scout"
 - Freeze dried ingredients (Meats)



18

18

BACKPACKING MEALS

Home Dehydrated :




19

BACKPACKING MEALS

Home Dehydrated :




20


LONGER BACKPACK TRIPS

Plan a longer trip after the scouts (& adults):

- Can stay clean & dry with their original clothing
- Can practice LNT, including sanitation
- Are looking for more challenge

More nights & campsites adds to the challenge:

- More food: more weight, more variety & more volume
- Food must last over multiple days
- Middle days require crew to break camp, pack up, backpack & then set up again in a new campsite
- Wilderness 1st Aid Training & Certification
- Transportation to one trailhead at the start and then transportation home from a different trailhead



21


LONGER BACKPACK TRIPS

Trek: Level of Difficulty

1. Distance
2. Weight
3. Conditions
4. Time
5. Trek Crew:
 - Is crew competent & cooperating or out of shape, confused or complaining?

Notes:

- On a multiple day trek all 5 of these can vary.
- Sample trek Itineraries:
 - 2 days & 1 night (out & back)
 - 3 days and 2 nights
 - 5 days and 4 nights (includes staging campsites)



22



PLANNING RESOURCES

Contact Backpacking Merit Badge Counselor

Appalachian Trail Conference Guides – convenient elevation profiles, distances, road junctions

www.ALDHA.org: Appalachian Trail Thru Hikers Companion

5th Edition Northville-Placid Trail Trail Guide & Map
Oldest & Longest ADK Trail

23

SAFETY & SANITATION

Protect Food from Critters, large and small:
Raccoons and chipmunks (mini-bears) can be just as damaging to your food supplies

Bear bags (?), bear canisters: ALL "Smellables"

Leave No Trace

Wilderness First Aid




24

SAFETY & SANITATION

Sanitation
 One pot meals = one pot cleanup
 Swirl & Swallow
 Human Waste: Catholes;
 Hand washing; Hand Sanitizer
 Water Treatment






25

ADDITIONAL TRAINING

University of Scouting Courses
 Adv Lightweight Backpacking Techniques & Gear
 Places to Go; High Adventure Will Lift Your Troop
 Backpacking Food – Plan Ahead & Prepare
 Dehydrate Your Own Food for Trail and Home
 Hiking and Backpacking in the Hudson Valley
 High Adventure in the ADK High Peaks
 Northville-Placid Trail: The Hidden Gem in the Adirondacks


Other:
 WPC 2020 Backpacking Course
 Backpacking Merit Badge Pamphlet
 Camp Read Summit Base High Adventure

26

ADDITIONAL HELP

louisalagno@gmail.com
vogelnest@msn.com
geonapoleone@aol.com



27