

Personal Equipment

Each member of your crew should bring the following:

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 Zip lock plastic bags to pack *

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 Therma-Rest) *

Clothing - Layer A (Hiking Clothes)

- hiking boots--well broken in
- lightweight sneakers or tennis shoes.
- 2 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.. *

Clothing - Layer B (Cool Evening)

- 1 long sleeve shirt (wool or flannel)..
- 1 long pants, cotton or nylon (not heavy) *
- 1 pair insulated underwear (polypro) *

Clothing - 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).. *

Clothing - Layer D (Cold, Wet, Windy)

- 1 sturdy rain suit (A) *

Eating

- Deep bowl (small, plastic)....
- cup (measuring style) *
- spoon *
- 2 or 3 one qt. water bottles (BB, A) *

Personal and Miscellaneous

- small pocketknife (A). *
- matches and lighter in waterproof *
- container (BB, A).
- flashlight (small with extra batteries and *
- bulb).
- Double H maps (A) *
- compass--liquid-filled (A). *
- 2 bandannas or handkerchiefs (BB) *
- money (\$10-\$20 in small bills)
- small towel. *
- lip balm (BB, A) (with SPF of 25) *
- soap, biodegradable (BB, S).. *
- toothbrush/toothpaste (BB) *
- small towel. *
- tampons/sanitary napkins (BB) *
- sunscreen at least 25 SPF (BB, S) *
- sunglasses (inexpensive).. *
- ditty bag (for personal items in bear bag) *
- insect repellent (S) *

Optional

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

NO RADIOS, TAPE/CD PLAYERS, HAMMOCKS, OR CELLULAR TELEPHONES.

* These items can be purchased at the Double H Trading Post.

BB Packed in plastic bag to be placed in bear bag at night

S Share with buddy

A Easily accessible in pack or carried on person

Equipment Tips

Clothing

During cold periods, it is especially important to stay dry because wet clothing loses much of its insulative value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. As the atmosphere warms, you can remove one layer of clothing at a time for proper body heat management.

Keep in mind that wool and synthetics insulate when wet. Down and cotton lose most insulative value when wet. Cotton layers such as sweatshirts and sweatpants drain body heat when wet and dry very slowly.

While the official BSA uniform is highly recommended for use when traveling to and from the Double H and wearing at base camp, you may choose to wear other clothing on the trail. Long pants - not jeans - are recommended for cold nights and are required for horseback riding and pole climbing at logging camps. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a sweater or fleece jacket is necessary for cold mornings and evenings and possible downpours of rain or hail.

To be comfortable and dry during rain, a good quality rain suit is essential. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. A poncho is not adequate. You should have a rain jacket and pants.

Lightweight, closed toe shoes are recommended for use around camp and occasionally when hiking. Sandals are not generally acceptable but can be used in campsites only.

Boots

A quality pair of broken-in hiking boots is a necessity at the Double H. Trail shoes are not appropriate. Your trek may cover uneven rocky areas with steep trails, and much of the area will be without trails. Well broken-in boots that fit properly will keep you comfortable and prevent injuries.

When fitting boots, try them on at the end of the day when your feet may be a little larger. Use the same socks you will hike in. With your feet in the boots, and laces loosened, you should be able to place two fingers behind the heel. With your socks on and your laces fully tightened, your toes should not touch the end of the boot, while standing on a 30-degree incline. Don't be surprised if your boot is one size longer and one width wider than your shoe size. Hiking boots for the Double H should be 6 to 8 inches high with a sturdy sole. Be sure to treat your boots for wet weather.

Socks

Wearing two pairs of socks will be more comfortable and can help to prevent blisters. The two pairs should not be made of the same material. Wear a thin inner sock liner and a heavier outer sock. Advisors might consider a knee high inner sock with 8 to 12 mm of compression. Wool blends work very well for the outer sock. Socks made of new materials are available that are worn as a single sock.

Backpacks

A sturdy pack - either external or internal frame - is essential for backpacking at the Double H. All of your personal gear, plus your share of food and crew equipment, should fit inside your pack.

A padded hip belt is essential for your pack. It allows you to transfer the weight from your shoulders and puts it on your hips, which can support more weight than your shoulders.

To keep your pack dry at night and while hiking in the rain, a waterproof nylon cover is recommended. All items in your pack should be neatly organized and packed in plastic bags. Additional bags may be used to carry small packages of food or to organize miscellaneous items.

Pack heavier items toward the top of your pack and closest to your body to get the weight over the bone structure so your muscles will not tire easily. Your map, compass, sunscreen, rain gear, camera, and first aid kit should be readily accessible. Roll your clothing tightly and pack it snugly inside a plastic bag. Do not pack aerosol cans or glass jars because they are bulky and prone to break or erupt.

Check your pack weight. Twenty to 25 pounds without food is preferred; 30 pounds is generally acceptable. Comfortable pack weight will vary considerably with physical condition, age, and experience. Training will help you find out what weight is best for you. A fully loaded backpack should never exceed 25-30% of your body weight.

Using a Pack Frame

Your pack will be more comfortable if fitted with a proper internal or external frame. When you have packed your backpack, practice putting it on your back by first balancing it on one knee with the pack straps facing you. Slip your nearest arm through the appropriate strap and smoothly swing the pack behind you, reaching down and back to slip your free arm through the second strap and jiggle your pack into a comfortable position.

When deciding what equipment to bring to the Double H, always consider each item's usefulness, durability, weight, and bulk. Remember that you are only packing for 10 days on the trail. It has been said that "An ounce in the morning is a pound at night".

If you do not have a good pack and frame with padded hip belt, or do not expect to use them after your trek, you can rent an external frame pack at the Double H for \$18.00.

Sleeping Bags

Your sleeping bag should be warm (suitable for temperatures down to 25 degrees), but not bulky or heavy. If your sleeping bag may not be warm enough, long underwear and a stocking cap will increase your comfort on cold nights. When your sleeping bag is packed, it should be no more than 20 inches long and 10 inches in diameter, and it should weigh 5 pounds or less. Use a waterproof sack to store your sleeping bag and line the sack with a heavy-duty (4 to 6 mil) plastic bag safely secured to keep your sleeping bag dry even in wet weather.

Glass and Aerosol Containers

No glass containers or aerosol cans should be carried on the trail. Glass breaks easily and aerosol cans are bulky and may erupt in packs.

Cameras

Although optional, a camera will record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Another weight-saving scheme is for several crew members to share a camera and have duplicate pictures made at home. If you have one set developed first, you can sort your poor photos before having additional copies made. You will save money as well as weight.

Money

Campers spend an average of \$100 at Philmont/Double H trading posts. If major items such as jackets are desired, more money will be needed. About \$20 should cover most expenses on the trail. Money taken to the backcountry should be in small bills. These expenses may include healthy snacks, root beer, film, replacements for damaged equipment, or fuel for stoves.

Labels

Be sure to label all of your clothing and equipment with your name and expedition number so you can readily identify what is yours and so any of your belongings lost and found can be returned.