

# Alders Challenge Suggested Equipment List

A good idea for packing is to divide up the gear you need into “systems” - so you have things for your sleep system, cooking system, and clothing system. This makes it a little easier to keep track of everything and make sure you don't leave everything behind. I've divided up this suggested list like that so you can try it out.

Keep in mind, this is just a guideline - feel free to modify it for what you already have and for the expected weather conditions. Also pay attention to the “Do Not Bring” items at the end - these items tend not to work too well for this type of camp.

Suggested pack weight is no more than 25% of body weight or 25lbs, whichever is less. More than that isn't really needed, and emergency gear can be easily stowed in a leader's vehicle. Also be sure to test your backpack in advance to make sure the hip belt can be tightened around your waist - it's common for youth to have hipbelts that are way too big and thus ineffective for transferring weight.

\*Denotes Patrol/Group Gear

## The Essentials

Knife  
Headlamp or Flashlight  
Camera (if you want)  
Toilet Paper (in a ziploc)  
Toothbrush/Toothpaste  
Soap  
Small Towel  
Whistle  
Matches/Firestarter  
2x Ziploc Bags  
2x Garbage Bags  
Compass  
\*First Aid Kit  
Maps will be provided.

## Backpack

Something with a padded hipbelt and padded shoulder straps. If the hipbelt cannot be tightened snugly, a backpack with a sternum strap and well padded shoulder straps can work better for light loads.

## Sleep System

Sleeping Bag - Pack in a waterproof stuff sack or sealed plastic bag.  
Sleeping Pad  
\*Tent

## Cooking/Food System

Waterbottle - At least 500mL, but don't carry more than 1L; we can refill your bottle if you get low.  
Mug  
Bowl

Fork/Spoon/Spork

\*Pot

\*Stove

\*Washcloth

## **Clothing to Wear**

Hiking Boots or Sneakers with good tread - new shoes/boots are a recipe for blisters, make sure your footwear is well worn in.

Sun Hat/Cap

Lightweight layered clothing - wool and synthetics are far far better than cotton.

Wool Socks

Wind Shell/Raincoat or Wind Shell and Poncho

## **Clothing to Pack**

2x Spare Socks

Spare Underwear

Warm Pullover (fleece 'hoodie' is best)

Sweat Pants

Long underwear for sleeping in

Spare Wool/Synthetic T-shirt

Toque and Gloves/Mitts

## **A word about fabrics**

Cotton, especially heavy fabrics like denim absorb a lot of water and dry slowly. They also lose almost all of their insulating value when wet and are not recommended.

Synthetics such as polypropylene and nylon are lightweight, inexpensive and dry fast - fleece is a good insulator that also doesn't absorb a lot of water. I recommend synthetics for most scouts hiking clothing.

Wool is another good hiking fabric, it does absorb water but the water is soaked into the centre of the fibres, making it feel dry. Wool is comfortable over a wide range of temperatures, but is much more expensive than synthetics and can be itchy.

## **Do Not Bring**

Jeans or other heavy cotton pants

Large jackets, especially thick synthetic winter jackets. They are not waterproof and will soak up a great deal of water, getting very heavy. Also, they are too warm when dry for hiking in. Layers are much more effective at keeping you warm and dry.

Any overly heavy items - try to minimize the weight you are carrying, it will make everything much easier.