

Troop 123 Alaska High Adventure – Summer 2004 Personal Gear List

<u>Required</u>	<u>Approx Cost</u>
1. Good Backpack w/ waterproof cover	\$70 - \$200
<ul style="list-style-type: none"> • Good shape, good fit, hold all gear • Straps or carabineers for extra (external gear), • Rain cover for entire pack and external gear 	
2. Sleeping bag & Pad	\$50 - \$150
<ul style="list-style-type: none"> • +20 rated (Min.), lightweight, small • Compression sack • Self-inflating pad 	
3. Boots	\$50 - \$150
<ul style="list-style-type: none"> • Waterproof, over ankle, good fit • <i>Broken in prior to trip</i> 	
4. Water system	
<ul style="list-style-type: none"> • (1) Nalgene bottle • (1) Camelbac type system 	\$10 \$15 - \$40
5. Rain gear 2-Piece	\$30 - \$70
<ul style="list-style-type: none"> • Good, Heavy-duty, good fitting 	
6. Socks [Smartwool type] (6 pr.)	\$10-\$20 ea.
7. Eating utensils	\$15
<ul style="list-style-type: none"> • Lexan Bowl, cup, spoon, fork 	
8. Pants (2)	\$20 ea.
<ul style="list-style-type: none"> • Non-cotton, extra pockets 	
9. Extra T-shirt	(have)
10. Underwear (6)	(have)
11. Light coat & gloves	\$20 - \$40
12. Water shoes	\$5 - \$20
13. Waterproof gloves	\$5 - \$20
14. Long underwear (1)	(have)
15. Knit cap (watch cap)	(have)
16. Compass	\$3 - \$50
17. Whistle	\$3 - \$5
18. 1 st Aid Kit	\$5 - \$15
<ul style="list-style-type: none"> • Moleskin, Band-Aids, gauze, tape, • Gauze pads, ointment, etc. 	
19. Day pack / Load vest	\$5 - \$50 (or have)
<ul style="list-style-type: none"> • Needs to hold food, water, rain gear, • And supplies for 1 day out hiking 	
20. Phone card	(amount determined by parents)
21. Prescription medications needed	
<ul style="list-style-type: none"> • Given to medical leader 	
22. Toothbrush	(have)
23. Mosquito net	\$2 - \$5

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Optional

1. Pocket Knife (good idea) \$5 - \$50
 - 4" blade, pocket or lock blade
2. Disposable camera \$5 - \$8
 - (adults will take lots of photos)
3. Camp pillow \$5 - \$15
 - Stuff type, lightweight & small
4. Hiking staff \$15 - \$75
 - (can use stick found there)
5. Binoculars (good idea) \$10 - \$100
 - small, lightweight, compact
6. Deck of Cards (have)
7. Sunglasses (have)
8. Small towel (have)

Not allowed / Needed

1. CD players, gameboys, etc. (no electronics)
2. Snacks in packs or day packs (all food provided)
 - Only snacks allowed will be at discretion of vehicle drivers at gas stops
GPS (adults in patrols will have one with them)
3. Cell or satellite phones (adults will have)
4. Flashlight (22 hours of daylight)
5. Toothpaste, deodorant (troop to provide)
6. Stoves or water filtration systems (troop to provide)

Provided (in cost of trip)

1. Boonie Hat
2. Baseball Cap
3. T-shirt
4. Sweatshirt (Hoodie)
5. Bandana