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**WELCOME  
To  
Troop 395  
St. James United Methodist Church  
Little Rock, Arkansas**

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**Boy Scouts of America  
Quapaw Area Council  
Mohawk District**

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**Family and New Scout Orientation**

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## Welcome

This orientation pamphlet will provide you with an overview of Boy Scouts of America's Troop 395. We are very pleased that you and your son have chosen to join our Troop.

Our Troop has a long history of exciting outdoor adventures and accomplishments, and we hope that your son will find this same degree of excitement that other youths have experienced. Through his participation in the scouting program your son will grow physically, emotionally, morally, and spiritually - all while having fun!

The Boy Scouts of America was chartered by Congress in 1916 as an education program for boys and young adults. The Scouting movement in this country was modeled after the Scouting program established by Lord Baden-Powell in 1910.

The promise of Boy Scouts of America, and the sole intention and pledge of this Troop, is to assist your son to be prepared to help others, to become a leader, and to build character. We are dedicated to the development of each youth, and to the promotion of moral strength, character, and citizenship. We do this through committed adult leadership, an active outdoor program, and maintaining the attributes set forth by the BSA for a quality Troop.

Our aims and methods for accomplishing these ends are based upon the ideals of Scouting. This traditional design of the Scouting program is implemented in planning troop programs and courses, encouraging participation in available BSA leadership programs, courses, and above all, family involvement. The ideals of Scouting are spelled out in the Scout Oath, Law, Motto, and Slogan. The traditional design of the Scouting program includes the uniform, patrol method, outdoor activities, advancement, challenges, and service.

For many years now, we have earned the *Quality Unit Award*, a BSA designation that we are "delivering the promise".

## Troop 395 St. James United Methodist Church

Troop 395 was started in 1972 and is sponsored by St. James United Methodist Church. Troop 395 has a long tradition of guiding scouts toward the rank of Eagle Scout. In the past year we have had several young men achieve the rank of Eagle Scout and presently have several more actively in pursuit of this high goal. It is noteworthy that our troop is distinguished as well by an active outdoor program, which has included a tradition of monthly campouts and yearly adventure trips. More importantly, each scout is rewarded with lifelong memories to share with friends and family.

Our adult leaders are BSA trained, proficient in outdoor skills and are active in local council and district activities. Many have staffed national high adventure activities and served as staff for adult and youth training courses. Many of the Troop adult leaders have also earned the prestigious Wood Badge beads, District Award of Merit, Silver Beaver and several other National awards and honors.





Our current Scoutmaster is **Stephen Blair**. He has served our troop as an Assistant Scoutmaster for several years, has earned his Wood Badge beads, been awarded the District Award of Merit and the Silver Beaver. He served as staff for Introduction to Outdoor Leader Skills, Wood Badge staff and National Jamboree staff. He and his wife Lisa also have a son in the troop. His home phone number is 568-2404, his cell number is 350-7893, and his email address is [stephen\\_blair@sbcglobal.net](mailto:stephen_blair@sbcglobal.net).

## Organization

The troop is comprised of several patrols, which are made up of several scouts. The scouts in the patrol elect their own patrol leader and the patrol leader appoints an assistant patrol leader. The troop is led by the Senior Patrol Leader, who is elected by the scouts. The Senior Patrol Leader, with the Scoutmaster's advice, appoints other troop officers, such as the Assistant Senior Patrol Leader, Quartermaster, etc. The Senior Patrol Leader and the Patrol Leaders make up the Patrol Leaders' Council. The Patrol Leaders' Council selects programs, outings, and in general, runs the troop. This is a boy-led organization, where each scout has a say in the direction of the troop. It is their troop to have and to hold.

Each patrol is assigned an Assistant Scoutmaster, who reports to the Scoutmaster. They advise and guide, and are usually the individual who will sign the scout handbook when a requirement has been completed. Parents do not sign the scout handbook, unlike in the Cub Scout program.

The Troop Committee is composed of parents and other interested adults and supports troop functions. The Troop Committee has two primary responsibilities: 1 – supporting the troop program and 2 – handling troop administration. It is also common for some adults to volunteer or be asked to become Merit Badge Counselors. Please consider becoming an active part of the troop adult leadership. The first step is to join the Troop Committee and participate in Troop Committee Training. Our current Troop Committee Chairman is **Haley Wilson** and would love to hear from interested parents.

## Activities

Troop meetings are held on Monday nights (7:00 – 8:15 pm) in the Scout Room in the Family Life Center at the church. The Monday following an outing, the Patrol Leaders' council (PLC) meets. This is also a time where scouts may work on advancement. Troop Committee meetings and parent meetings are held regularly during the year. Most importantly, several times during the year there will be a Court of Honor for presentation of advancements and awards.

Once a month, there will be a scheduled outing or activity which usually begins on Friday evening, with scouts returning around noon on Sunday. Every year the troop also attends a BSA approved summer camp for one week, such as Camp Rockefeller near Damascus, AR. This is a superb opportunity for each scout to advance in skills and rank, as well as to interact and develop friendships with other scouts within our area council.





## **Advancement**

If activities are the life-blood of scouting, then advancement is the heart and soul. From the day a boy joins scouting; his eyes are set on the rank of Eagle. However, without some recognition along the way most would never make the base of the mountain, much less the summit. The first year or so each new scout will be developing skills that will enable him to function in the outdoors with style. Most scout skills are learned by doing as the scouts participate in the various outings and programs. Thus, attendance and participation is crucial to a scout's advancement. From First Class on each scout works more and more on his own and the requirements become more challenging. The troop provides merit badge instruction and many opportunities for advancement throughout the year; however, each scout must do his own part.

## **Family Participation**

Adult family involvement in the troop is vital and we need you as a resource in all aspects of our scouting program. We want you to become a member of our Troop Committee and if possible, consider becoming an adult leader, or a Merit Badge Counselor. We ask that you complete a Resource Survey (attached), which is a means of identifying potential adult help and talent.

Our troop strictly adheres to BSA youth protection guidelines, which means that in order to go on a campout, adults must take the online youth protection training. This is also offered several times a year through both the troop and council. Two-deep leadership is consistently practiced and required of all adults associated with the troop. After completing youth protection training, adults are encouraged to continue with basic adult leader training.

We encourage adults to join us – you might be surprised just what your son can do!

## **Equipment**

For a new scout, equipment can be a very expensive and confusing part of the program. Don't panic. You will be given lists of suggested equipment, when it is needed, and what is most important. Each new scout is not expected to buy everything on the list. Many items can be substituted or shared. The troop supplies cooking gear, tents, and other group equipment.

Any of the Assistant Scoutmasters can provide further guidance toward selection of the proper equipment. Please don't hesitate to talk with the troop leaders about your son's equipment needs.



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## Discipline

Discipline is not usually a problem. Since the boys run the troop, they soon learn that it is much easier to get someone to help if they pitch in themselves. In rare cases, things happen that will need the attention of one of the leaders. Our policy is to counsel, correct, and then discipline. We expect each scout to act appropriately and to live by the Scout Oath and Scout Law. Likewise, each adult should set the example. If the situation warrants, the Troop Committee will become involved. We encourage troop leaders and parents not to discipline their own son at meetings and outings. Doing so undermines the scout's relationship with his patrol and can create problems. We respect a parent's right to discipline, however the patrol leader should be the first person to attempt to correct a problem and then the Assistant Scoutmasters. If you observe a problem with your son, or any scout, please alert an Assistant Scoutmaster immediately.

## Communication

Communication between the scouts should follow the patrol organization. The Senior Patrol Leader communicates to the Patrol Leaders, who communicate to the individual scouts. This should also happen in reverse order, with the scout contacting the Patrol Leader, or if he is unavailable, the Senior Patrol Leader. Parents should encourage this channel of communication first, as it teaches the scouts responsibility.

Parents should feel free to contact an Assistant Scoutmaster or the Scoutmaster if they are concerned that there is information they need which they are not receiving, or if they think there is an issue of which we should be made aware. Please do not assume that someone else has spoken to us, or that we have noticed it on our own.

Troop 395 regularly sends out newsletters. Articles and pictures are welcome. Our troop also uses a group e-mail list for routine communication. All parents of new scouts are encouraged to send their e-mail address to the Scoutmaster for inclusion in this e-mail list. Additionally, our troop operates a helpful web site – <http://www.arkie.net/troop395>, which contains a copy of our troop calendar, pictures from recent outings, and other useful information.





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## Parent's Frequently Asked Questions

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*What do I do –*

*when my son is at a meeting?*

Whatever you want to do – some parents stay, some parents leave. We ask that if you talk that you do it outside of the meeting rooms, so as to not disrupt the meeting. Please let the boy-led process work. (This is a nice way of saying, “Stay out of the boys meeting, and let them learn from experience.”)

*to get to go on a campout?*

Taking “Youth Protection Training” is a pre-requisite for attending any troop campout. A printed copy of the course certificate should be sent to the Scoutmaster upon completion of the course. Additionally, adults desiring to attend campouts are encouraged to take other appropriate BSA training. Although not required, there are many fun and informative courses available that can introduce you to the world of scouting.

*when attending a campout?*

Relax, enjoy nature, help the adult patrol function by doing your part. If you see something that concerns you, let one of the Assistant Scoutmasters, or the Scoutmaster, know immediately.

*when my son won't work on his advancements at home?*

Encourage him, but don't badger. Advise him, but allow him to make the decisions. Let him make mistakes. This is expected, and this is how young men learn – from experience! Talk to the Assistant Scoutmaster associated with his patrol.

*when my son misbehaves?*

Talk to the Scoutmaster or Assistant Scoutmaster. Please allow us to take care of any discipline issues that occur during troop functions.

*when something is bothering my son about scouts?*

Please tell the Scoutmaster or Assistant Scoutmaster.

*to help?*

We need new, trained adults to help us every year. Please take appropriate BSA training courses, and join the committee. After a time, you will be eligible to attend even more training courses which would enable you to become an Assistant Scoutmaster.

*to get to wear one of those cool uniforms?*

Please see the answer to the previous question.

*when outfitting my son? -What is the most important item that I need to acquire?*

The most important thing would be the Boy Scout Handbook, followed by a complete uniform. Other lists will be provided. Please let the Scoutmaster know if finances are an issue.



*when my son doesn't seem ready to do this by himself?*

We do not expect the new scouts to know everything just yet. We will support and teach them gradually. The people who will help them the most are the other scouts, led by the older scouts, who are advised by the Assistant Scoutmasters, who are led by the Scoutmaster.

## Summer Camp Primer

It is very important that your son attend summer camp, especially that first year. Vital skills are learned and many achievements necessary for advancement occur at summer camp.

Going away to camp for a week can be difficult for any scout. It is important that they learn to rely on the troop to help them through. They do this by attending all the monthly campouts.

Homesickness is expected. There will be more information and an additional handout on this topic prior to summer camp. As with any camp, phone calls are discouraged; they tend to make homesickness worse. Cheerful letters, mailed several days in advance, are encouraged. We have the best success in dealing with homesickness with our older scouts helping our younger scouts.

There will be a mandatory parents meeting about summer camp in late spring. Parents are strongly encouraged to attend this meeting.

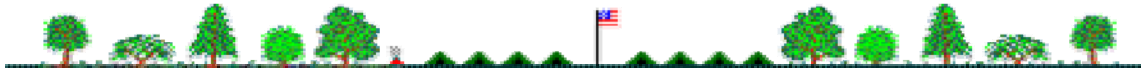
## Cub Scout Transition Chart

	Cub Scouts	Boy Scouts
Who fills in the handbook?	Parents Den Leader	Scoutmaster Assistant Scoutmaster Older Scouts
Who leads?	Parents Den Leader	Scouts
With whom do they camp on a Campout?	Camp with parent	Set up camp, eat, sleep, cook, Clean, pack, etc. in patrols – parents are not allowed in the scout's camp areas.
Whom does the scout rely on?	Parents	Their buddy Other scouts
How often do we meet?	Once or twice a month, plus Pack meetings	Weekly – Mondays 7:00pm to 8:15pm
How often do we camp?	Occasionally	Monthly





# Finances & Uniforming



## Troop Funds and Re-Charter Fees:

	Cross Over Scout	New Scout	Existing Scout	Adult Leaders
<b>Troop Dues</b>	<b>\$35.00</b>	<b>\$70.00</b>	<b>\$70.00</b>	<b>\$0.0</b>
<b>BSA Dues</b>	<b>\$0.00</b>	<b>\$24.00</b>	<b>\$24.00</b>	<b>\$0.00</b>
<b>Boy's Life</b>	<b>\$0.00</b>	<b>\$12.00</b>	<b>\$12.00</b>	<b>\$0.00</b>
<b>Insurance</b>	<b>\$0.00</b>	<b>\$0.70</b>	<b>\$0.70</b>	<b>\$0.00</b>
<b>Troop Funds</b>	<b>\$35.00</b>	<b>\$33.30</b>	<b>\$33.30</b>	<b>\$0.00</b>

### Notes on Troop Funds and Recharter Fees:

- Cross-over (Webelos Scouts) dues assume that the scout is currently registered with a Cub Scout Pack.
- Existing Scouts dues assume that a scout is currently registered as a scout and is renewing membership.
- Troop Operation Funds are based on \$3.00 per month or approximately \$36.00 per year for each scout.
- BSA dues are paid to National, along with the insurance fee, for each scout and adult leader.
- Boy's Life is a monthly magazine that each scout receives. Adult Leaders receive the Scouter magazine.
- Troop Operation Funds are used for awards, leadership patches, printed materials, propane, replacement equipment, gasoline for the vans, and training materials throughout the year.



# Troop Clothing:

Item	Cost
Troop T-Shirt	\$10.00
Troop Hat	\$10.00
Troop Neckerchief	\$12.00

## Notes on Troop Clothing:

- First year scouts will need to purchase a hat, neckerchief, and t-shirt from the Troop. Therefore, his first year dues would be \$66.00 to \$85.00
- Additional t-shirts and hats can be purchased anytime during the year.
- ALL clothing should be CLEARLY MARKED with the scout's name.

## Additional Funds for Troop Activities:

**Food for Campouts** \$15.00 (\$13 early bird discount) or \$10.00 (1-night)

Please Note: Money is due the Monday BEFORE the campout.

Camping Fees (if applicable) \$2.00 / trip

Boy Scout Summer Camp \$220 - \$250

# Troop Uniforms:

Purchased by the Scout:	Provided by the Troop:
Tan Scout shirt	Green shoulder loops
Green Scout trousers	Neckerchief slide
Green Scout socks	Troop numerals (1 per scout)
Green Scout belt	Rank advancements

World Crest	Merit badges
Council shoulder insignia	
Boy Scout Handbook	
Troop T-shirt	
Troop hat	
Green Scout shorts (optional, but preferred)	

### Notes about Uniforming:

- The troop recycles shirts, shorts & trousers. Should you have uniform items that you no longer use, please contribute those items to the Uniform Closet. Check with the an Assistant Scoutmaster for uniform needs.
- In time, the scout should have two complete sets of uniforms.



Troop 395 Home





## Equipment Information and Pricing



### (1) Sleeping Bag

Sleeping bags should be mummy style for warmth. Look for extra features like multi-chambered, draft collar, two-way zipper, draw cord with lock. Try out several bags for fit. You should not be able to get two or three persons in the bag with you. A bag that is too big will not be warm, even if it is rated to -40 degrees. For Arkansas and most of the camping that scouts do, some type of synthetic insulation is recommended. Goose Down is great but it is much harder to care for, especially if it gets wet. All bags should be stored in a large cotton or mesh bag, or hung in a closet. Keeping them compressed will reduce the life span of the bag. A bag that fits well and is rated for 5 to 15 degrees will work year round. Add a sheet for the summer. Types of fill are: Thinsulate Lite Loft / Polarguard HV / Hollofill II / Polarguard 3D

\$100 - \$350 Sierra Design, North Face, REI, Slumberjack, Marmot, Moonstone

### (2) Duffel Bag

A duffel bag is a great way to keep up with all his camping stuff. When there are 20 scouts trying to get their gear into the trailer, loose items seem to get misplaced. Please try to confine all your gear into one bag or pack. Types: one with a long zipper and maybe a couple of pockets for small items.

\$15.00 – \$100.00 Outdoor Products, Outdoor Research, Eagle Creek, US Army – any store or catalog, Bennett's

### (3) Rain Suit (Jacket and Pants, Outer layer)

An uninsulated rain suit will provide a versatile addition to outdoor clothing. Until your scout has stopped changing sizes every four to six months, I would stay with a coated nylon type of suit. These are much less expensive and will serve the same function as a \$300 Gortex suit. Pants should be easy on/off with boots. The jacket should have an attached hood and vents. A poncho is an ok alternative, especially for summer, but they do little in providing warmth. The biggest difference in a Gortex and coated nylon suit is the Gortex suit will give you a greater range of temperature in which you will be comfortable hiking. Even with Gortex, you will sweat.

\$35 - \$65 Columbia, REI, Campmor, Sportif, Campmor

### (4) Long Underwear (insulation, 1<sup>st</sup> layer)

Long underwear comes in hundreds of types, styles and brands. I have found that most work well if you follow



one simple guideline. **NO COTTON.** Cotton will get wet from sweat or water and does not dry fast. Synthetic or synthetic-blends will provide the best bang for the buck. Turtlenecks will add warmth. Remember that most of the time you will be moving, not sitting in a duck blind. Too much clothing is just as bad as not enough. In the winter, perspiration can be a big problem. Some types of underwear to look for are: Polypropylene, Capilene, M.T.S., Lycra, Wool, and Silk

\$20 - \$100 REI, Early Winters, Patagonia, Wickers, Duofold

### (5) Eating Gear

Keep things simple and cheap, so it won't matter if you lose or misplace any of these items. All you need is a plate, bowl, spoon, fork, and a cup. An insulated cup is nice for hot drinks. Patrols usually do KP as a group and your personal gear will get mixed up with all the other stuff, so put your name on everything.

\$10 - \$25 any store or home

### (6) Hiking Boots

Boots have always been a problem with scouts. They tend to outgrow them before they get a lot of use.

There are several rules to follow when looking for hiking boots: Always try them on and walk around some. Do not wait, as boots take several weeks to break in properly. Wear two pairs of socks when fitting boots. No amount of lacing will solve fit problems. Go to an outdoor store or shoe shop. Boots will usually run about ½ - 1 size larger than his street shoes. His toes should not touch the end of the boot. For the most part, lightweight leather or cordura-leather boots will be just fine for all scout outings. I prefer an all leather boot for the stability, however I'll carry up to 60 lbs. If you take care of the boot, they can be passed on to a brother or cousin.

\$50 - \$200 Merrell, Vasque, Asolo, One Sport, Hi-tech, Tecnica, Montrail

### (7) Socks

We recommend that your scout wear two pairs of socks with hiking boots. The first pair (liner) is to wick moisture away from the feet and provide a surface for the boot to rub on other than the feet. The second pair is for padding, warmth and absorbing the moisture from his feet. He'll need at least two pairs of each.

\$5 - \$10 (Liner - wool, silk, nylon, poly-pro, blend) no cotton

\$10 - \$30 (Outer - wool, pile, blend)

### (8) Knife

All scouts need a good knife. The big question is what type and size. Sheath knives or non-folding knives are not allowed on BSA outings. He won't be killing a deer or skinning a bear. Therefore, a Swiss-army multi-purpose knife is great. There is no need to buy a 20 or 30 blade super tinker knife. My favorite is the Victorinox Climber Swiss Army knife. The scout shop also sells good knives with the BSA logo on them. Also remember, things do get lost.

\$15 - \$45 Victorinox, Buck, BSA, Gerber

### (9) Flashlight



A small "AAA" or "AA" cell light is fine. Your scout should not be landing planes or spotlighting deer as a scout activity. The light should be bright, rugged and not easily turned on in your pack. Don't spend a lot - it will probably get lost before the bulb burns out.

\$5 - \$20 Eveready, MityLite, MiniMag

### **(10) Compass**

At some point, your scout will have to learn to use a map and compass. Some compasses are very easy to use, others are very difficult. For map work, a flat clear base is a must. We recommend a liquid filled compass with a flat base and a scale on the side. A lanyard will help him keep up with the your compass in the field. Many compasses have declination adjustments. This is also nice. I have used the military lensatic compass. They are very accurate but are more difficult to use. For most of the work you he'll, these types of compasses are not required. Stick with simple. Four very good compasses are Suunto Locator, Suunto Orienteer, Silva Polaris and Silva Explorer III.

\$11 - \$48 Suunto, Silva, Brunton

### **(11) Small Day Pack**

On any hike for day trip, he will want to carry some items with him, such as food, water, matches and more. He can use his school back pack or something similar for any trip.

### **(12) Personal First Aid Kit**

Each scout will need a personal first aid kit as part of their 1<sup>st</sup> Class requirements. This should contain only enough stuff for two people. This is not a trauma kit or surgical unit. Most items can be found at home or purchased at the drug store. Several commercial kits are available for about \$5.00.

### **(13) Whistle**

This may sound like a silly item, but if you are lost it can save your life. Any kind will do, just attach it to your pack.

### **(14) Water Bottle**

Water bottles can be as simple as a 1-liter plastic coke bottle or a nice wide mouth lexan bottle. The coke bottles will last for one or two trips; the lexan will last until they are lost. Every scout should have at least two water bottles.

### **(15) Emergency Space Blanket**

A space blanket is a very useful item if he gets wet or cold. This little 4-oz piece of foil and mylar can be used for many things and should be carried at all times. About \$4.00 at most places.

### **Backpack (bag for all bags)**

At some point, most scouts will have a chance to go backpacking. This can be a great experience, or the worst trip of their life. The backpack is the single item that can make or break a trip. For younger scouts, the tendency is to carry too much. Ask around. Some scouts may still have their first pack and you can buy it from them. If your scout is really small, an internal frame pack may be the only choice. Please ask one of the



leaders before you buy. The Troop has several packs that it loans out for first timers.

Each person's pack should not weigh more than  $\frac{1}{4}$  of their weight. I usually recommend an external pack with a capacity of 3500 cu.in. Simple easy to use and not very expensive is the way to go. When he gets older, then you can buy a whiz-bang, whistle & bells monster pack. Like boots, try on several packs at a good outdoor shop. The sales persons can show you how to make adjustments and get the most out of each pack. Four packs that I recommend for starting out are the Jansport Scout, Eureka Raven, Jansport D5 or Rainier. These packs can be passed on several times.

\$70 - \$140 REI, Jansport, Eureka, Gregory, Kelty, Lowe Alpine,

\$150 - \$310 Mountainsmith, ArcTeryx, Daina Design

### **Sleeping Pad** (goes under the bag for insulation and padding)

A closed cell foam pad works very well. It is light and cheap. For extra comfort, a foam/air type pad is real nice. Steer away from open cell pads. They will soak up water and take up more space. Air mattresses usually spring leaks about 2 am on the second night.

\$15 - \$60 Ridgerest, Therm-a-Rest, Insolite - any store or catalog

### **Insulation Clothing** (mid layer)

Layers are the best system for warmth and regulating body temperature. Wool or synthetic fabrics are a good bet. Cotton jeans or army pants add little warmth and are worthless when wet. A wool sweater and a pair of pile pants are a good start. Look for Polartec, Pile, Windbloc, Synchronilla fleece.

\$30 - \$200 REI, Campmor, Army Surplus, Patagonia, North Face, Sportif, Old Navy, GAP

### **Hiking Shorts**

These are not scout shorts, unless you purchased the newer switchback pants. Shorts that do not need a belt and are made of nylon Supplex or something similar is the best for backpacking. If the shorts have a liner in them, that is even better.

\$10- \$35 Sportif, Patagonia, North Face, Exofficio, Columbia

### **Long Pants**

Long pants are not always needed but they are really nice when it gets cool. **No blue jeans**. Look for Supplex nylon. They will dry quickly and are light.

\$25 - \$50 Sportif, Patagonia, Cloumbia, Exofficio

### **Warm Hat**

In the winter, 90% of the heat loss is from your head. Some type of hat or cap made of wool or polartec that can cover your ears is the best. Several of the new polartec hats are also windproof.

\$10 - \$50 Outdoor Research (OR), Patagonia, Turtle-fur, Columbia

### **Gloves**



A glove or mitten with a removable liner is the best system. They can be dried easily and are functional. Look for a wool or pile liner with a waterproof shell. In addition, a pair of thin glove liners will help when it is really cold. Reusable heat packs are also nice.

\$20 - \$100 Outdoor Research, Polartec, Wickers, Dachstien, Patagonia, REI, Campmor

## **Retailers**

Academy Sports Little Rock, AR 217-3700

Bennett's Military Supplies#9; Little Rock, AR 372-2944

Boy Scout Shop Little Rock, AR 663-7157

Ozark Outdoor Supply Little Rock, AR 664-4832

Pack Rat Fayetteville, AR 501-521-6340

Sports Authority Little Rock, AR 224-7137

Sportsmart Little Rock, AR 227-7678

The Woodsman Ft. Smith, AR 501-452-3559

## **Mail Order**

Cabela's Sidney, NE 1-800-237-4444

Campmor Saddle River, NJ 1-888-226-7667

Early Winters Portland, OR 1-800-458-4438

Forest Suppliers Jackson, MS 1-800-647-5368

Patagonia Reno, NV 1-800-638-6464

REI Summer, WA 1-800-426-4840



# Ten Essentials



The "Ten Essentials" consists of more than ten items, and there are many varying opinions on what should be contained within the list. Items which can serve multiple purposes, and which are light in weight, should always be given preference over single use and/or heavy items. Here is a little basic guidance on items that Scouts should always have with them in the woods.

## **(1) Map**

A basic map of the area is vital to finding your way through the woods. Adult leaders in our Troop will provide appropriate maps to buddy pairs or groups when they are deemed necessary.

## **(2) Compass**

A simple compass can be used to orient a map, and help a lost Scout find their way.

## **(3) Flashlight or Headlamp**

A small flashlight can be invaluable when it gets REALLY dark outside. LED style lights are preferable, due to their extremely long battery life.

## **(4) Extra Food**

Meal replacement bars, trail mix, energy bars, and other lightweight foods are good choices for basic nutrition in emergency situations.

## **(5) Extra Clothing**

A spare change of clothes can keep you warm, dry, and more comfortable when the going gets tough. A jacket and change of socks should be considered the minimum amount of clothing necessary to meet your needs.

## **(6) Sunglasses or tinted glasses**

Shielding your eyes from the sun's glare is important, even during winter snowstorms.

## **(7) Rain Gear**



Whether you choose an all in one jacket, full rain suit, or a simple poncho, you need something to keep you dry.

### **(8) First Aid Kit**

Everyone should have the basics, and hiking partners or groups should make sure that there is at least one substantial kit within the group.

### **(9) Pocket Knife or Multi-Tool**

Good, light weight multi-tools often include pliers, knife blades, screw drivers, tweezers, and other very useful tools. A simple folding pocket knife should be considered the minimum level of utility, and small multi-tools are a nice upgrade.

### **(10) Matches, Fire Starters, etc**

Everyone needs to be able to light a fire, whether with matches or flint and steel.

### **(11) Water Bottle(s)**

Light weight water containers, along with some means of purifying water, are probably the two most important items on this list. Simple Lexan water bottles and a few water purifying tablets are the most basic ways to meet your survival needs here.

### **(12) Whistle**

A whistle is the most effective means of communicating your position to your rescuers. Consider one that doubles as a water-tight match box.

### **(13) Insect Repellant**

Chiggers, mosquitoes, and ticks really like the taste of Boy Scouts. Use appropriate (non-aerosol) Insect Repellents to keep them away.

### **(14) Sun Screen**

Sunscreen is a vital tool for preventing sunburn, even during the winter months.

### **(15) Space Blanket**

Space Blankets can be used for many different things, however they are primarily used to provide warmth in emergency situations.

# Equipment List

October 29, 2008

## Pack/Sleeping

- ☐ Backpack
- ☐ Pack cover (or large leaf bag)
- ☐ Extra Trash bag (large)
- ☐ Sleeping bag (w/ stuff sack)
- ☐ Sleeping Pad
- ☐ Sleeping clothes
- ☐ Lash straps
- ☐ Small day pack\*
- ☐ Space Blanket
- ☐ \_\_\_\_\_

## Clothing

- ☐ Uniform Shirt
- ☐ Troop T-shirt
- ☐ Uniform Pants or Shorts
- ☐ Uniform Belt
- ☐ Uniform Socks
- ☐ Troop Hat

- ☐ Hiking Boots
- ☐ Gaiters\*
- ☐ Water Shoes
- ☐ 2 Hiking socks
- ☐ 3 Liners socks
- ☐ 2 Underwear
- ☐ Hiking shorts\*
- ☐ 1 T-shirt
- ☐ Turtleneck (Heavy Polypro)\*
- ☐ Long underwear-(Top/Bottom)\*
- ☐ Sweater or Jacket\*
- ☐ Long pants-(no jeans)\*
- ☐ Rain suit (jacket/pants)
- ☐ Warm Hat\*
- ☐ Gloves
- ☐ 2 Bandanas
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Eating

- ☐ Plate\*
- ☐ Spoon, Fork
- ☐ Plastic Bowl
- ☐ Plastic Cup (insulated)
- ☐ 2 Water Bottles (quart)
- ☐ 2 X-Large Zip-Lock Bags
- ☐ \_\_\_\_\_

## Shelter (Group)

- ☐ Tent & Fly
- ☐ Tent Stakes (8)
- ☐ Ground cloth
- ☐ Pop up Canopy\*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Personal Needs Kit

- ☐ Pack Towel\*
- ☐ Biodegradable Soap
- ☐ Toothbrush & paste
- ☐ Hair brush
- ☐ Toilet paper (1/4 roll)
- ☐ Foot powder\*
- ☐ Chapstick
- ☐ Sunscreen (small tube)
- ☐ \_\_\_\_\_

## Personal First Aid Kit

- ☐ Moleskin (1pkg)
- ☐ Band-Aids (5)
- ☐ Ace bandage (1)
- ☐ Waterproof Tape
- ☐ Antibiotic cream
- ☐ Tylenol (12)
- ☐ Decongestant (6)
- ☐ Antacids (6)
- ☐ Medications
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Personal / Extras

- ☐ Scout Handbook\*
- ☐ Pocket Knife or Multi Tool
- ☐ Matches (waterproof)
- ☐ Flashlight (small)
- ☐ Headlight\*
- ☐ Compass
- ☐ Maps\*
- ☐ Whistle
- ☐ Emergency Food
- ☐ Pen & Paper
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Cooking Gear (Group)

- ☐ Patrol Box\*
- ☐ Cook Kit
- ☐ Stove(s)
- ☐ Fuel bottle(s)
- ☐ Extra-Large Pot w/ lid\*
- ☐ Frying pan\*
- ☐ Spatula
- ☐ Large Spoon
- ☐ Spices
- ☐ Large collapsible water jug
- ☐ Biodegradable Soap
- ☐ Scrub pads
- ☐ Water Filter\*
- ☐ Water Purification Tablets
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Repair Kit (group)

- ☐ Pack parts
- ☐ Large Fax-Tex Buckle
- ☐ Rip-stop tape
- ☐ Needle & Thread
- ☐ Large safety pins
- ☐ Plastic wire ties
- ☐ Screws/nuts-bolts
- ☐ Super glue
- ☐ Duct tape

## Optional\*

- ☐ Camera
- ☐ Extra Film
- ☐ Binoculars
- ☐ Sunglasses
- ☐ Alarm Clock
- ☐ Hiking stick
- ☐ Extra Batteries
- ☐ Playing Cards
- ☐ Fishing gear
- ☐ Frisbee
- ☐ Field/Trail Guide\*
- ☐ Bivy Bag\*
- ☐ \_\_\_\_\_

\* Evaluate need of these items

