



PERSONAL EQUIPMENT

When the first Scouts hit the trail in the early years of this century, they pinned together the edges of blankets to make bed rolls, got along with heavy woollen clothing and raincoats, wore work boots and made do with army surplus equipment.

The basic needs of a modern Scout are still the same – clothing, shelter and food. Add to that the equipment for safety, cleanliness, comfort and enjoyment, and you will be prepared for any camp.

When shopping for gear, remember that the most expensive equipment has likely been designed for extreme conditions. Unless you are planning an alpine expedition, moderately priced equipment should suit your needs.

The gear you take on an adventure usually rides on your shoulders. The lighter the load, the easier it will be to carry, so keep it light and simple, but include all the essentials.

Give some thought to the personal equipment you take to camp. Ask yourself “What do I really need?”

You will need something to:

- ❖ Eat with
- ❖ Sleep in
- ❖ Keep you dry
- ❖ Keep you warm
- ❖ Have fun in
- ❖ Keep clean with

LIST OF THINGS MOST NEEDED AT CAMP

Personal Clothing

In the outdoors, clothing is your first line of defence. It keeps you warm in winter, cool in the summer, dry in storms and shielded from insects, sun and wind. For normal outdoor activities you need suitable clothes and these can be quite inexpensive. Any old clothes that are strong and comfortable

will do. The most comfortable garb is shirt and shorts. Some undergrowth is so thick however that it is advisable to have long trousers available. Any garments worn should be light, yet strong and not easily snagged by thorns and bushes. Wind and rain may be kept out by a lightweight impervious jacket, whereas several layers of insulating clothing conserve body heat.

Wool

It's most important quality is that when wet, wool retains a good deal of its ability to insulate. Wool is warm. This is because it effectively traps air molecules and absorbs very little water. Another very attractive advantage of wool is its cost. Compared to some “high-tech” materials, wool is inexpensive.

Cotton

Cotton is cool, comfortable and sturdy, but unlike wool it will not keep you warm when it is wet. Of course in hot weather that may be an advantage. Underwear and liner socks are often made of cotton, so are caps, shirts and bandanas.

Synthetics

Manufactured fabrics such as nylon have plenty of outdoor uses. Many are waterproof and some are good insulators. Strong, light-weight and easy to clean, they are used in rain gear, wind-breakers, tents, packs, parkas and sleeping bags.

Head Gear:

A hat is a necessity, both in summer and in winter. The value of a sun hat on a hot summer day cannot be overestimated. Young campers often believe that a hat is an optional item. Unfortunately, the result of being hatless can be heat exhaustion or heat stroke. During the winter, when the weather is cold, windy or wet, the smart camper knows that a great deal of body heat can be radiated off an exposed head.

- ❖ Cap
- ❖ Beret

- ❖ Hat
- ❖ Woollen hats
- ❖ Balaclava

Underwear:

Underwear is available in a variety of fabrics and designs. In summer, many people find that wool worn next to the skin, particularly in the area of the hips and inner thighs is too rough. For this reason, and the problem of cleanliness, cotton boxer shorts are often the preferred choice for males in warm weather conditions. Cotton boxer shorts absorb moisture, they can be easily washed and they don't chafe the skin. In colder conditions, long cotton underwear is problematic. Though comfortable, cotton long-johns are difficult to dry. Therefore in the winter, wool long-johns are preferred providing you can put up with the roughness. Thermal underwear works by keeping your skin dry and minimising heat loss by evaporation. For females cotton underwear is always the best choice with gym shorts for better protection.

Your skin measures comfort by the temperature and humidity of the air right next to it. If it is wet (from perspiration or wet clothes) you feel clammy and uncomfortable, and because of the cooling effect of evaporation, you will soon feel cold. Skin-tight garments transfer moisture from your skin to the next layer of clothing, enabling you to stay warm and dry.

- ❖ Thermal vest
- ❖ Thin under vest/T-shirt
- ❖ Vest straps
- ❖ Long-Johns
- ❖ Boxer shorts
- ❖ Underpants

For optimum comfort outdoors, use the layering system. Choose loose-fitting clothing that will withstand the most extreme weather that you expect to encounter and be sure that you put it on and take it off a layer at a time.

When you reach the campsite and are no longer exerting yourself, stay warm by

reversing the procedure, pulling on just enough layers of clothing to stay comfortable.

You may use the layering system to stay cool in the summer by stripping down to hiking shorts, a T-shirt and a brimmed cap. Despite the heat, always carry long pants and long sleeve shirts for protection against sunburn and insects.

Tops:

Functional clothing satisfies specific hiking needs. For instance, shirts and pants with roomy pockets give you quick access to your compass and pocket-knife, and matches. Clothes made of tough fabrics protect you from thorns and heavy foliage. A long-sleeved shirt wards off mosquitoes and flies. If you hike at night, light-coloured clothing makes you more visible to others in your group. Be ready for the worst extremes of weather you expect to encounter by layering on lightweight shirts, sweaters and jackets rather than donning one heavy coat. At least one woollen jumper is essential but do not pin your faith on a single heavy garment in extreme cold. Two light fluffy jumpers of equal weight are much warmer.

- ❖ T-shirts
- ❖ Long sleeve
- ❖ Woollen jumpers
- ❖ Fleece
- ❖ Jacket

Outer Garments:

To keep warm all you require is keeping the wind off you. But it is also important to keep dry at all times. Water conducts heat away about fifteen times faster than dry air, so rain wetting your insulating garment will cause a greater heat loss. Anoraks complement the layering system of dressing. They provide a windproof, roomy outer layer that is easy to slip on and off. Features to look for in a good anorak include adjustable Velcro cuffs, an inner drawstring to tighten the jacket at the waist, many pockets both outside and inside, front zipper with overlapping material, a low-cut back that reaches the upper thighs, roominess and wind-proofed. Most anoraks are water repellent rather than

water-proof, this is because an anorak that doesn't breathe would be very uncomfortable.

- ❖ Quilted jacket
- ❖ Wind breaker
- ❖ Shower-proof jacket
- ❖ Poncho
- ❖ Raingear

Trousers:

Long trousers are worn when the wearer needs extra protection against cold, scrub, insects and sun. Long trousers should be light and roomy. Perhaps the best are wool and synthetic mixtures. Jeans or other denim type pants are not recommended for serious outdoor activities. They don't insulate well, are hard to dry and soak up too much moisture. Still, jeans are very popular and many campers do with them. For reasons already mentioned, wool is a far better pants material for camping. Though not always as stylish as jeans, wool pants are abrasion resistant and excellent as far as insulation value is concerned. For those who find wool too irritating next to the skin, Orlon whipcord is an excellent alternative.

- ❖ Bed socks
- ❖ Thick woollen socks
- ❖ Thin socks

Footwear:

Whether you plan to do a simple day hike, moderate back-packing or take part in a strenuous expedition, footwear selection should focus on comfort and durability. A pair of boots that fit comfortably can easily make the difference between an enjoyable trip, or a horror show. In many cases tennis shoes are all you would need, but when the going gets rougher and your pack gets heavier, good boots start to make sense. They keep you feet dry, they give ankle and knee support - important when carrying a heavy backpack on rough terrain.

The shoes you wear must have good thick soles and heels so that sharp stones cannot push into your foot when you walk over them. The soles should also have a tread pattern so that they can grip on a grass-

covered hillside. Smooth soles are useless on steep grass slopes. If you are buying shoes or boots, especially for hiking, it is a good idea to get half a size larger than usual. This allows you to wear two pairs of socks, which provide extra cushioning for your feet, and also allows for your feet to swell a little, which they will do under the unaccustomed load.

- ❖ Slippers or light shoes
- ❖ Heavy-duty/army boots
- ❖ Hiking boots
- ❖ Flip-flops (showers)

Accessories:

Wearing sunglasses is a good idea in any bright, open country. When you travel, they are essential for protecting your eyes from the glare that can cause headaches and even temporary blindness.

Gloves can be quite advantageous around camp, but mittens are better as they are warmer and easier to dry than gloves.

Scarves will reduce the heat loss from the neck area in cold weather.

- ❖ Scarf
- ❖ Gloves
- ❖ Mittens
- ❖ Sun-glasses

Points to Ponder:

Some campers choose to wear their clothes to sleep in. The idea being to supplement the insulation properties of the sleeping bag. In order for this to work best, the clothes must be dry. Clothes that have been worn during the day will most likely be wet from perspiration. If worn in bed, the dampness in these clothes will sap body heat, though the clothes themselves will probably be dry by morning.

With regards personal clothing, please keep in mind that the policy of the Association is that no camouflage is permitted.

PERSONAL GEAR

Tents:

When selecting a hike tent for your expeditions you must choose one that is light but will provide you with the protection that you need from rain and wind. Hiking in harsh weather conditions requires your tent to be of strong construction and of quality material. Tents used to be made of canvas or Egyptian cotton. Nowadays they are made of ripstop nylon. This material is strong, light and durable. The single walled tents are based on the principle that a single waterproof nylon sheet, fully encasing the occupants, will provide adequate protection. The problem with these tents is to vent the water vapour, which condenses on the inside wall of the tent. On the other hand, double-wall construction where the tent is surrounded by a coated flysheet, helps solve the venting problems. With the latter it is common for the lower walls to be constructed of coated, waterproof nylon. The rest of the inner wall is breathable fabric, either nylon or mosquito netting. A coated flysheet, leaving a 6 to 10 cm gap between the walls surrounds this inner tent. The traditional design of tents is the A-frame which has a good rain-shedding ability, but the sloping walls reduce the interior volume. Wall tents are a development on the A-frame and the vertical walls give more usable floor area. Tunnels and domes are extremely efficient at shedding rain and wind. Near vertical walls give them 50% more usable volume than the A-style tents of similar floor area. Flexible poles tension outward to keep tent taut and prevent flapping. Because the shape is more efficient at withstanding bad weather, lighter material can be used. These tents require fewer pegs than the traditional tents, further lightening the load. Besides a dome can be flipped upside down in the morning to quickly dry the bottom of the tent floor. Another point worth remembering is that the free-standing capability can become extremely useful if you are camping on rock.

Pegs are not easily available everywhere so a couple of extra plastic/metal ones, only

weigh a few more grams and will last for years. Bright coloured pegs are easier to spot when striking camp.

Very few tents are designed for cooking in. To attempt to light a stove inside a tent is extremely dangerous. Fumes can build up in the confined area of the tent and explode, or carbon monoxide which is odourless can slowly suffocate the inhabitants.

- ❖ Hike tent
- ❖ Dome tent
- ❖ Tunnels
- ❖ Wall tents
- ❖ Igloo
- ❖ Frame tent
- ❖ Marquis
- ❖ With/out flysheet

Bags:

A comfortable pack is essential. Various types are available with or without frames.

External frame:

These types are best suited for heavy loads in open country. The weight distribution principles of an exterior frame pack are essentially the same as for a pack with an interior frame, but since the frame is outside the bag it can be larger and more rigid. Thus can more efficiently transfer the weight from the shoulder straps to the hip belt. Most frames also provide room for you to lash on a sleeping bag or tent, and with the pack bag removed, you can use the frame to haul anything from firewood to a chain-saw.

Some external frames are straight, while others are curved, usually in the shape of an "S". The "S" shape is designed to follow the spine for a contoured fit. Some pack frames have extensions on the bottom that allow you to stand them upright when unsupported. This can be helpful if it does not obstruct access to the pocket areas or interfere with loading the pack. The frame of a loaded external frame backpack should not touch your body. The only body contact points should be the straps and the horizontal webbing. This is why the horizontal crossbars must be curved out and away from the body. The frame webbing

should be adjustable, porous and wide enough to spread the pressure across your back.

Internal Frames:

These are recommended for climbing and travelling over hilly routes because of their superior comfort and stability. Built much like a soft pack, a pack with an internal frame has several metal supports sewn into it that form a frame, directing the weight of the load into a hip belt attached to the base of the bag. You can swing the pack onto your back, tighten the padded belt around your waist, then adjust the shoulder straps so most of the weight rides on your hips. The weight is supported by your bone structure and the strong muscles of your legs so that a full load can be carried with relative ease. The compact shape and snug fit of internal frame packs are suitable for cross-country.

Frameless Packs:

These are known as haversacks and are suited for lightweight day hikes and rock climbing. These large soft packs are basically cloth bags with shoulder straps attached to them. The cloth may be canvas or a tough synthetic and the bags may have exterior pockets and accessory straps, zippered flap compartments and a shape that conforms to a hiker's back. The advantages are that the soft packs will hold plenty of gear and can be stowed in tight places, making them ideal for day hikes and light loads. However, a loaded soft pack places most of its weight on a hiker's shoulders and that can be uncomfortable.

Day Packs:

These are the nifty little sacks that campers carry on day outings while hiking. Daypacks are great for carrying trail foods, maps, rainwear and a variety of other little necessities. Frameless, the full weight of the daypack is carried with the shoulder straps. The waist strap simply prevents the pack from flopping around. Do not buy a pack that is too big – the less weight you have to carry, the better. Packs are usually made of canvas, nylon and cordura (a nylon material that looks like canvas but is lighter).

- ❖ Day sack
- ❖ Small back pack
- ❖ Internal frame rucksack
- ❖ External frame rucksack
- ❖ Speedo

Bedding:

A sleeping bag keeps you warm by trapping the heat your body generates. The bag's thickness, known as loft, determines how much heat the bag will retain. Usually the more loft a bag has, the warmer you will be. The fabric shell of a sleeping bag is often made of nylon. Filling the shell with natural or synthetic materials creates loft, and partitions sewn inside the shell hold the fill material in place. In some sleeping bags, partition stitching may go through the shell, resulting in cold spots where the loft is thin. In more modern bags, walls divide the interior into separate compartments that keep the fill evenly distributed.

- ❖ Square type/cocoon type
- ❖ +5 / -20
- ❖ Thin/thick
- ❖ Single/double
- ❖ Polyester covered
- ❖ Cloth
- ❖ With hood and pillow
- ❖ Ground sheet
- ❖ Ground mat
- ❖ Silver mat
- ❖ Plastic
- ❖ Insulating mat/with silver mat

When it is time to wash your sleeping bag soak it thoroughly in warm water with non-detergent soap. After soaking completely, hand-wash it, being careful not to put too much stress on the seams or other weak areas. After gentle washing, rinse the bag completely. If soap remains in the material the down will not regain its natural loft as much as it otherwise would. After rinsing the bag, dry it in an automatic dryer on the cool setting. Add a running shoe to break up the clumps of down and a small towel or wash cloth to absorb the excess moisture.

Stoves and Lamps:

- ❖ Gas: - disposable or re-usable
- ❖ Plastic/batteries
- ❖ Liquid fuel
- ❖ Hooded
- ❖ Open
- ❖ Self-starter
- ❖ Matches

First-Aid Kit:

When going camping or on an expedition even for a small period of time a first aid kit should always be included. Below is a list of a comprehensive kit, which should be taken into consideration.

- ❖ Bandages: -
 - Adhesive (blisters, cuts)
 - Elastic (for supporting sprains and pulled muscles)
 - Triangular (for splints, slings and large wounds)
- ❖ Elastoplast
- ❖ Bicarbonate of soda
- ❖ Tweezers
- ❖ Scissors
- ❖ Needles (to open blisters and help remove splinters)
- ❖ Safety pins (for securing slings and large bandages)
- ❖ Antiseptic cream/liquid/spray
- ❖ Ederma/Vaseline
- ❖ Creams for muscle fatigue
- ❖ Insect repellent
- ❖ Sunburn cream
- ❖ Calamine lotion
- ❖ Cotton wool (wiping)
- ❖ Surgical spirit
- ❖ Gauze
- ❖ Talcum powder
- ❖ Oral thermometer
- ❖ Phone card
- ❖ First-aid booklet

Kitchen

- ❖ Mess tins
- ❖ Canteen
- ❖ cooking set
- ❖ cooking stove

- ❖ cooking grid
- ❖ cutlery
- ❖ nap sack
- ❖ dish cloth
- ❖ plastic plates
- ❖ unbreakable mug
- ❖ frying pan
- ❖ coffee pot
- ❖ fuel funnel
- ❖ can opener

Toiletries:

Having fun at camp usually means getting dirty. Do not forget to wash the dirt off. A bucket of hot water, a washing cloth and some shower gel will do a good cleaning job. A shower at camp will give you the comforts of home. Swimming will only get some of the dirt off.

Wash your hands after every visit to the latrines, and before you commence cooking or eating. Personal hygiene is extremely important at camp, so make sure that you do it properly.

- ❖ Toilet roll
- ❖ Toilet seat covers
- ❖ Wipes
- ❖ Tooth brush/paste
- ❖ Brush/comb
- ❖ Contact lenses (cleaning kit)
- ❖ Shaving blades
- ❖ Shaving foam/after-shave
- ❖ Shower gel
- ❖ Sponge/face cloth
- ❖ Hand cream
- ❖ Tissues

Kit:

- ❖ Torch: - head, hand, big or small
- ❖ Lantern: gas, batteries or hurricane
- ❖ Compass/map
- ❖ Whistle
- ❖ Pegs
- ❖ Plastic bag
- ❖ Refuse bags
- ❖ Mallet
- ❖ Ropes and strings
- ❖ Pen knife
- ❖ Note pad
- ❖ Writing instrument



QUALITY TRAINING FOR QUALITY SCOUTING

- ❖ Matches
- ❖ Contact numbers
- ❖ Inflatable pillow
- ❖ Extra straps
- ❖ Camp bed
- ❖ Mosquito net
- ❖ Felt pen