



Prepared. For Life.™

Parents Handbook

BSA Troop 99

Benton, AR

Salem United Methodist Church

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1 - Introduction

The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetimes by instilling in them the values of the Scout Oath and Law. Troop 99's purpose is to have fun and adventure while doing so.

“On my honor I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake, and morally straight.”

“ A Scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent.”

This Parents' Handbook provides an overview of most of the activities conducted by Troop 99. This Handbook does not supercede any official BSA policies, such as the Guide to Safe Scouting or Guide to Advancement.

2 - The Patrol Method

The Patrol method is the basis of Scouting. A Patrol is a group of Boy Scouts who belong to the same troop and who are probably similar in age, development, and interests. The patrol method allows Scouts to interact in a small group outside the larger troop context, working together as a team and sharing the responsibility of making their patrol a success. A patrol takes pride in its identity, and the members strive to make their patrol the best it can be. Patrols will sometimes join with other patrols to learn skills and complete advancement requirements. At other times they will compete against those same patrols in Scout skills and athletic competitions.

Patrol size depends upon a troop's enrollment and the needs of its members, though an ideal patrol size

is eight Scouts. Patrols with fewer than eight Scouts should try to recruit new members to get their patrol size up to the ideal number.

The Patrol Method gives Boy Scouts an experience in group living and citizenship. The patrol, not the adults, make most of the decision including electing the patrol leader. The patrol method places responsibility on young shoulders and teaches boys how to accept it. The patrol method allows Scouts to interact in small groups where members can easily relate to each other. These small groups determine troop activities through elected representatives.

“ The patrol method is not a way to operate a Boy Scout troop, it is the ONLY way.

Unless the patrol method is in operation, you don't really have a Boy Scout troop. ”

— Robert Baden-Powell

2.1 - Patrols

The Troop is made up of patrols – small groups of Scouts who work together, camp together, hike together, cook together, and generally have a lot of fun as friends. Each Patrol elects its own leader and chooses its own name and identity. Patrol leaders serve for a term of six months. Patrols may be reorganized from time to time at the discretion of the Patrol Leaders' Council with the advice of the Scoutmaster.

“ ...a Troop is not divided into Patrols. A Troop is the sum total of its Patrols. ”

— William "Green Bar Bill" Hillcourt

2.2 - Patrol for New Scouts

Scouts crossing over from Webelos will be in the same Patrol. The New Scout Patrol will be mentored by a couple of capable, mature, responsible Scouts known as Troop Guides. An Asst. Scoutmaster will be assigned to mentor the Troop Guides. Older Scouts who join the troop will join a Patrol with Scouts their same age or with a friend they already know.

2.3 - Troop Youth Leadership

The Troop as a whole elects its Senior Patrol Leader (SPL), who then appoints his Asst. SPL(s) (ASPL) and other Troop-level positions of responsibility. Troop officers serve for a term of six months. Other Troop-level positions are listed in the Scout Handbook.

2.4 - Patrol Leaders' Council

The Patrol Leaders, SPL, and ASPLs form the Patrol Leaders' Council (PLC). The PLC is responsible for planning, organizing, and leading all troop activities. The PLC meets monthly to plan. The PLC meets briefly after each Troop meeting to evaluate the meeting and review upcoming plans. The PLC also meets every night during a campout to review and communicate plans.

“ The Patrol is therefore almost independent, while the Troop is run by the Patrol Leaders in the Patrols' Leaders Council”

— Robert Baden-Powell, Aids to Scoutmastership, 1919, page 24, 32

3 - Outdoor Activities

Troop 99 camps every month. With guidance from the Scoutmaster, the PLC plans the Troop's campouts for the entire year each summer. Campout themes, locations, and dates are published in the Troop newsletter. Campouts may be at state parks, recreation areas, Scout facilities, or in the backcountry. We attend Camp Rockefeller for a week every summer.

3.1 - Base Camping

Many campouts are at a fixed destination such as a State Park or Boy Scout Camp where the Troop sets up a camp that remains in place throughout the campout. Each Patrol sets up its own cooking and camping area, and the adults set up their own area nearby (but not too nearby.) Activities may include day hiking, service projects, skills and games, or other special events.

3.2 - Backpacking

Backpacking is a great chance to experience the outdoors away from the roads and established campgrounds. Inexperienced Scouts will have many opportunities to learn on short trips before tackling more challenging trails. Scouts carry or wear all their needed gear, hike miles into the woods, and camp off the beaten path. Each Scout needs his own gear for this sort of camping. A checklist is available. The Troop has a few items to loan out.

3.3 - Canoeing

Canoeing trips may be day trips, weekend trips, or multi-day adventures. We usually rent canoes. BSA

safety procedures are followed, and inexperienced Scouts share a boat with an experienced Scout or an experienced adult.

3.4 - Council and District Events

Troop 99 participates in several Council and District outdoor events during the year, such as Summer Camp, Camporees, and Cub Scout Camp (as helpers).

3.5 - Summer Camp

Troop 99 attends the Quapaw Area Council's summer camp, Camp Rockefeller, for a week each summer. It is usually around the third week of June. Camp Rockefeller is at the Gus Blass Scout Reservation in Damascus, Arkansas. The camp offers programs for Scouts of all levels.

3.6 - Guests on Campouts

Troop campouts are designed to meet the aims of Scouting and are conducted under the guidelines of the Boy Scouts of America. Troop campouts are not appropriate for siblings, relatives, friends, and other non-Scouts. Two exceptions are 1) parents (described elsewhere), and 2) prospective Scouts who meet the criteria for membership and are willing to complete provisional paperwork (membership application and BSA medical forms parts A and B). As per BSA policy, Webelos Scouts may be invited to attend certain Troop campouts with a parent.

4 - Troop Meetings

Troop 99 meets weekly (Monday nights at 7PM-8:30PM, Salem Methodist Church) to plan campouts, work on Scouting skills, and have fun. Meetings are held year-round, except for certain holidays as announced. Troop meetings typically include 15 minutes of opening ceremony and announcement, 30 minutes of skills demonstration/instruction or Patrol meetings, 30 minutes of activities/ games/ challenges, and 15 minutes cleanup and closing. Meetings always end with a circle-up, the Scoutmaster's Minute, and a prayer.

5 - Service Projects

Troop 99 members serve our community individually, as Patrols, and as a Troop. We help out with Cub Scout events, civic events and flag ceremonies, food drives, and Eagle Scout projects – among other things. Opportunities for organized service projects should be approved by the Patrol Leaders' Council

and the Scoutmaster or designated Asst. Scoutmaster for Service Projects.

6 - Advancement

6.1 - Ranks

The ranks in Boy Scouting are Scout, Tenderfoot, Second Class, First Class, Star, Life, and Eagle. The first four ranks focus on fundamental skills and are generally taught and “signed off” by older Scouts. The upper three ranks focus on advanced skills, service, and leadership and are “signed off” by adult leaders (SM, ASM, and Merit Badge Counselors). Each rank concludes with a Scoutmaster Conference and Board of Review. The rank is achieved upon successful completion of the Board of Review. **Parents should not “sign off” advancement steps**, but should leave this to older Scouts or other adult troop leaders.

6.2 - Scoutmaster Conference

A Scoutmaster Conference is held once all requirements for a rank are complete. This is simply an opportunity for the Scout to have a conversation with the Scoutmaster and discuss what he learned in the rank, what was difficult, what campouts he enjoyed, how his patrol is working, or how things he learned in Scouting have helped him at home or in school. We will also discuss the Scout's duty to God and Scout Spirit (see Scout Handbook). This is not a time to re-test requirements. The conference may last 10 minutes for lower ranks and half an hour for higher ranks. Conferences may be delegated to Asst. Scoutmasters as necessary.

6.3 - Board of Review

The Board of Review is the final step in each rank. The Board consists of three to six adults, none of whom may be the Scout's parent, the Scoutmaster, or an Asst. Scoutmaster. The Scout is interviewed by the Board to understand his progress and Scouting experience to date. This is not a time to re-test requirements. As this is a formal occasion and good practice for job or scholarship interviews, the Scout should wear his full uniform, bring his handbook, and be prepared. Boards are held at least monthly.

6.4 - Merit Badges

Twenty-one merit badges are required for Star, Life, and Eagle ranks. Certain of these 21 merit badges

are specified as “Eagle Required.” The remainder can be any merit badge. More than the required 21 merit badges can be earned; this is strongly encouraged. A list of merit badges and Eagle-required merit badges can be found in the Scout Handbook. Another good resource for merit badges is www.meritbadge.org. Any Scout may work on any merit badge at any time unless the merit badge requirements state otherwise. Merit badge progress is recorded on a “blue card” kept by the Scout. Here is the general procedure for working on a merit badge:

1. Obtain a Blue Card from the Scoutmaster or Asst. Scoutmaster. At this time, you will be assigned a Merit Badge Counselor to work with.
2. Obtain a copy of the merit badge requirements. www.meritbadge.org is a good source. Also obtain a copy of the information booklet for the merit badge. Troop 99 has a library. Otherwise you may purchase one from the Scout Office.
3. Write the merit badge requirement numbers on the Blue Card
4. Contact your Merit Badge counselor to begin working on the badge. Youth protection rules should always be followed – always meet in public and with a buddy. The Merit Badge Counselor will guide you in completing the merit badge.
5. Work on the merit badge. Visit your counselor often to record progress. Visit the Troop Advancement Coordinator (the guy with the laptop) often to record progress in case you lose your blue card.
6. When you have completed the merit badge, the counselor will sign the blue card. Give the blue card to the Advancement Coordinator for recording.

6.5 - Eagle

It is an honor to earn Eagle – the highest rank in Boy Scouting. The requirements and process for advancing to Eagle are described in detail in the Scout Handbook and on the BSA website. Many requirements along the way require fixed times – four months here, six months there, keeping track of this or that for three months. Become aware of these time requirements! A Boy Scout is no longer a Boy Scout on his 18th birthday: all requirements for Eagle, except the final Board of Review, must be completed before the 18th birthday. Ranks and requirements cannot be back-dated.

6.6 - Courts of Honor

Scouts are formally recognized for their achievements at quarterly Courts of Honor. These ceremonies

are good times for families and friends to join the Troop in congratulating our Scouts for their accomplishments.

7 - Safety

7.1 - Youth Protection

Troop 99 follows all BSA youth protection and safety policies. All adult leaders and any other adult participants must re-take Youth Protection Training every two years and complete a BSA criminal background check. **Most youth protection risks can be avoided by following two rules: 1) The Buddy System, and 2) No one-on-one youth/adult contact – personal or electronic.**

7.2 - Transportation

Troop 99 often needs parents to drive Scouts to campouts and other functions. In order to do this, you will need to have a valid driver's license, valid liability insurance, and a safe and legally registered vehicle. You will need to provide a copy of your license, registration, and insurance to the Troop Committee Secretary.

7.3 - Bullying

Repeated, targeted harassment of an individual, whether physical or verbal, is not tolerated in Troop 99. Scouts are expected to not only refrain from bullying but to stand up for others who may be bullied. Bullying should be immediately brought to the attention of an adult leader. Bullying situations will be addressed by the Scoutmaster and an Asst. Scoutmaster with the individuals involved and their parents.

7.4 - Misbehavior

Troop 99 participates in fun and adventurous activities that involve fire, automobiles, sharp objects, bad weather, deep water, long trails, public places, and private property. In order to fully enjoy these activities in a safe manner, Scouts must adhere to the Scout Oath and Law at all times. Scouts who deviate from this will be counseled. Scouts who find themselves unable to consistently keep the Scout Oath and Law will not be permitted to participate in activities. In some instances, parents may be required to pick up a Scout from an event.

7.5 - Prohibited Items

We cannot make a rule to cover every possible situation. For this reason we rely upon the Scout Oath

and Law. However, we wish to make clear that the following items are not permitted at any Troop 99 activity at any time: alcohol, illegal drugs, unauthorized prescription drugs, tobacco products, firearms, explosives, fireworks, and pornography.

7.6 - Outdoor Safety

Troop 99 conducts all activities in a safe manner according to common sense and BSA policy. Adult leaders are trained in advanced first aid, weather safety, water safety, and other appropriate topics. When camping away from phone service, the Troop has equipment for monitoring weather and maintaining periodic communication with an emergency contact person. The emergency contact will have a detailed trip plan and know who to contact in case of severe emergency (flood, tornado, etc.) Parents should direct any concerns or communication needs to the emergency contact. Under no circumstances should parents contact forest rangers or law enforcement, as that would contribute to confusion.

7.7 - Health and Fitness

A completed BSA medical form must be submitted prior to participation in any outdoor activity. Parts A and B of this form are completed by parents; part C is completed by a physician, and is required in order to attend Summer Camp, certain District/Council events, or any campout longer than a weekend. Medical forms must be updated annually. Many activities include long days of walking, subjection to heat and cold, and physical exertion. Individuals – whether adult or youth – must be in appropriate physical condition to participate in outdoor activities. This is for the protection of the individual as well as the group. The Scoutmaster will limit outdoor activities to individuals who are in appropriate physical condition.

8 - Communication

Troop 99 communicates to parents and Scouts by weekly newsletter (The Telegram) and a closed email list. Scouts are expected to have a list of phone numbers for their patrol members. Any electronic communication between adults and Scouts must be carbon copied to the Scout's parent.

9 - Electronics Policy

Troop 99 does not permit Scouts to bring electronics such as phones, tablets, video players, music players, or gaming devices to Troop Meetings or campouts. Parents will be provided emergency

contact numbers.

10 - Money

10.1 - Campouts

There will be a fee for each campout to cover the costs of transportation, camping fees, and supplies. The average cost is \$25. This should be paid to the Troop Treasurer prior to the campout – no later than the Monday before. Fees may be deducted from the individual Scout accounts if funds are available. Fees for campouts that require deposits to another organization are non-refundable unless another Scout fills that slot.

Each patrol buys its own food for each campout. The patrol leader will assign a Grubmaster for each campout. The Grubmaster collects money from each Scout, buys the groceries, and brings it to the campout. **Each scout attending a campout should bring “grub money” (cash, correct change) to the Troop meeting on the Monday before the campout.** Otherwise, the scout must bring his own food or contact his patrol's grubmaster to make arrangements for payment.

10.2 - Summer Camp

Summer Camp cost is around \$275-\$300. A discount is available if paid before a certain deadline, usually mid-April.

10.3 - Special Events

Various events from time to time may have registration fees. These should be paid to the Troop Treasurer prior to the event.

10.4 - Scout Accounts

Scouts will have individual accounts. These funds may be used for anything Scout-related, such as campout fees, uniforms, etc. Scouts who transfer to another unit may transfer their funds with them. Scouts who resign from Scouting will have their funds transferred to the Needy Scout fund of the Troop. Scouts with a sibling in the unit may transfer their funds to the sibling's account. Scouts may not have these funds paid to them directly.

10.5 - Dues

Dues are \$26/year or \$0.50/week. Scouts are encouraged to bring their dues each week and pay to the Troop Scribe at the beginning of each meeting. Delinquent dues will be deducted from each Scout's account at the end of each quarter.

10.6 - Recharter Fees

Recharter fees are \$25/year for both Scouts and Adult Leaders. This fee is due in December and renews registration with the BSA.

10.7 - Fundraisers

Troop 99 participates in both Popcorn sales and Camp Card sales. We encourage each Scout family to sell at least \$350 in popcorn. Half of the Troop's profit from popcorn sales is set aside for the individual scout to help pay for camping costs or other scouting expenses. Please follow these fundraising policies:

1. Parents must sign a financial responsibility agreement before their Scout begins selling for any fundraiser.
2. Funds collected for the fundraiser should be turned in weekly.
3. Scouts may take checks from individuals. Any checks returned will be deducted from the Scout's account until the check amount is collected.
4. Any donations that are collected during any fundraiser must be turned in to the Troop.

10.8 - Financial Assistance

The Quapaw Area Council and Troop 99 have resources available for committed Scouts with financial needs. Please discuss this with the Scoutmaster.

10.9 - Troop Funds

Funds raised by the Troop as part of fundraisers and regular dues are used to purchase and maintain equipment, purchase supplies for special events, purchase patches and awards, and cover other expenses.

11 - Uniform and Equipment

11.1 - Uniform

Scout uniforms are an important part of the Boy Scouts of America program and one of the methods of Scouting. Each boy gets to be part of a group demonstrated by their uniform and each group has a personal sense of identity. The scout uniform is also a display case for a scout's individual accomplishments and recognitions. We wear the uniform to associate ourselves with the principles to which we are committed - character development, citizenship training, and physical and mental fitness.

- Class A, or Field uniform, consists of tan shirt, olive pants, official BSA belt, a neckerchief, and hat. The Class A uniform should be worn to all Troop and BSA events unless otherwise instructed. (Note: The hat is part of the uniform, but out of courtesy we do not wear it indoors.)
- Class B, or Activity uniform, consists of the Troop 99 T-shirt or sweat shirt and olive pants. The Class B uniform is typically worn for outdoor activities or as instructed by adult leaders.

11.2 - Troop Provided Equipment

Troop 99 provides cooking equipment for each patrol, including dishes, cookware, stove, table, and canopy. The Troop also provides some shared cooking equipment such as dutch ovens, grills, and water jugs.

11.3 - Individual Equipment

Each Scout needs his own personal camping equipment. However, do not immediately go out and buy a bunch of expensive camping gear. Take some time to decide what is most important and what can be borrowed or shared, then buy quality gear that will work properly and last a while. Troop 99's older Scouts and leaders will be glad to give you advice. However, each Scout should have the following items before his first campout:

1. Properly fitted hiking boots
2. Two pair of wool or thick synthetic socks, two pair of cotton socks (wool on the inside, cotton on the outside.) OPTIONAL to use nylon sock liners on the inside and do without the cotton socks.
3. Olive green nylon hiking pants (BSA zip-off pants or similar are recommended)

4. Sleeping bag (15-degree synthetic mummy bag recommended)
5. “Scout Basic Essentials” as listed in the Boy Scout Handbook
6. “Class B” Troop 99 T-Shirt

12 - Adult Leadership

12.1 - The Role of Parents

There are many ways Troop 99 needs parents to be involved – Troop Committee, Advancement Committee, Asst. Scoutmasters, Merit Badge Counselors, banquet helpers, and transportation. Parents are always invited to observe Troop meetings and activities. Boy Scouting is different from Cub Scouting in that the boys themselves plan, organize, and lead the meetings and activities. This is called the Patrol Method, and it can easily be mistaken for chaos. As adult leaders, our job is not to directly manage the chaos unless safety is threatened. Rather, our job is to mentor the Scouts before and after the activities to help them plan for and handle problems next time.

All registered adult leaders (Scoutmaster, Asst. Scoutmaster, and Committee Members) must be approved by the Charter Organization Representative.

12.2 - Scoutmaster

The Scoutmaster is the adult responsible for working directly with the Scouts providing direction, coaching, and support. The Scoutmaster has these basic roles:

1. Ensure all activities are safe.
2. Providing the youth leaders with the tools and skills so they can run the troop according to the Patrol Method.
3. Making sure the rules of the BSA and chartered partner are followed
4. Being a good mentor and positive role model

12.3 - Asst. Scoutmasters

An assistant Scoutmaster is an adult leader who helps the Scoutmaster deliver the promise of Scouting. Each assistant Scoutmaster is assigned specific program duties. They can serve the troop by guiding a particular patrol to which they’ve been assigned, advising certain Scouts who’ve assumed a position, and assure the youth leaders have what they need to run things. They also provide the two-deep

leadership required by the Boy Scouts of America.

12.4 - Troop Chaplain

The Troop Chaplain is an Assistant Scoutmaster who focuses on helping the Scouts understand and fulfil their duty to God as required by the Scout Oath. The Chaplain also works with the Chaplain's Aide (a scout) to prepare and lead chapel services.

12.5 - Troop Committee

The troop committee is a cross between a board of directors and a parent support group. It sets troop policies and handles administrative functions, allowing the Scoutmaster and assistant Scoutmasters to focus on working directly with the Scouts.

12.6 - Troop Committee Chairman

The troop committee chairman is appointed by the chartered organization to see that all committee functions are carried out. The troop committee chairman appoints and supervises the unit committee and unit leaders, and organizes the committee to see that all committee responsibilities are delegated, coordinated and completed.

12.7 - Chartered Organization Representative

The Chartered Organization Representative is the direct contact between the unit and the Chartered Organization – Salem Methodist Church. The Chartered Organization Representative appoints the Unit Committee Chairman and approves all adult leadership applications.

12.8 - Merit Badge Counselor

A Merit Badge Counselor is an adult who understands and supports the mission of Scouting and has some qualification or experience in a particular area of interest. A Merit Badge Counselor works directly with Scouts to mentor and measure their progress. Merit Badge Counselors must be registered with the BSA to counsel specific merit badges. BSA Youth Protection policies apply to all merit badge counseling sessions.

12.9 - Parents on Campouts

Parents who wish to attend overnight campouts must do the following:

- Complete Youth Protection Training
- Register with the Council (background check and liability)
- Agree to abide by BSA policies
- Agree to refrain from any language, behavior, or attitude that might negatively impact the Scouts.
- Agree to abide by the principles of the Patrol Method

Parents will camp with the Adult Leaders. A Scout may share a tent with his parent, but this is highly discouraged.

13 - CONTACT INFORMATION

Scoutmaster – John Douglas – 501-920-0928 – scoutmaster@bentontroop99.org

Committee Chairman – Jeff McFarland - 501-821-1307 - jeff_mcfarland@yahoo.com

Troop Chaplain – Dan Carp – 501-303-8279 – dankarp1968@gmail.com

Troop Committee Treasurer - Sandra Gillespie - 501-765-8813 - sandlegs@aol.com

Chartered Organization Representative - Curt Hamlett - 318-451-2194 - curt_hamlett@yahoo.com

14 - Checklists

The following checklists are used for various types of outdoor activities. Checklists may be modified from time to time or for a particular event.

14.1 - General Campout Checklist

*REQUIRED +Share between two scouts %Oct-Apr

Each Patrol Needs:

- *Patrol first aid kit
- Patrol flag
- 1 deck of cards
- 1 camera
- Repair Kit: 36" x 2" duct tape, 4 large safety pins, 4 large zip ties, 4 small zip ties, 2 small carabiners
- Insect repellent

Each Scout Needs:

- Sleeping Gear
- * + Tent or tarp
- Closed cell foam sleeping pad
- * % Sleeping bag (20-degree synthetic mummy sleeping bag in waterproof stuff sack recommended)
- Light blanket (May-Sep)

Personal Care

- Baby powder (small)
- 1/2 roll of toilet paper in ziplock bag
- Bandanna
- Toothbrush and Toothpaste (small)
- Hand sanitizer (small)
- Sunscreen (small)
- Chapstick

Emergency Equipment

- *Personal first aid kit (see Scout handbook)
- *Whistle
- Firestarter with tinder
- Backup flashlight (small)

Cooking

- *Mug

Equipment

- * Water bottle
- Pocketknife
- *Headlamp or small flashlight
- 1 set of spare batteries
- Watch
- Small notepad and Pencil
- *Scout Handbook

Navigation

- Compass

Clothing (includes what you wear when we depart)

- * % Synthetic thermal underwear - top and bottom
- *2 pair synthetic pants
- *2 pair cotton or synthetic underwear - boxer briefs recommended
- *2 T-Shirts - 50/50 cotton/polyester blend or 100% synthetic ("Class B" T-Shirt)
- * "Class A" Uniform and neckerchief
- * % Synthetic fleece pullover with high collar
- * % Wool or synthetic beanie/toboggan
- * % Synthetic or wool gloves or mittens
- *Lightweight waterproof jacket with hood (good poncho is OK. "emergency poncho" is not OK)
- Lightweight waterproof pants
- Scout cap
- *Hiking boots or good tennis shoes
- *2 pair wool socks (3 recommended)
- *2 pair sock liners or 2 pair cotton socks to wear over wool socks.
- Water shoes (not flip flops)

Things Not to Bring

- Personal electronic devices or phones (GPS or camera OK)
- Denim blue jeans, cotton sweat pants or sweat shirts

*REQUIRED +Share between two scouts %Oct-Apr

14.2 - Backpacking Checklist

Each Patrol Needs:

- *Firestarter with tinder
- 1 8x10 tarp with 6 10' lengths of 1/8" rope
- *1 stuff sack with 30' of 1/4" rope to use as bear bag
- 50' length of 1/2" rope
- *Patrol first aid kit
- Patrol flag
- 1 deck of cards
- 1 camera
- *Trail guidebook and/or large map
- Repair Kit: 36" x 2" duct tape, 4 large safety pins, 4 large zip ties, 4 small zip ties, 2 small carabiners
- Insect repellent

Each Scout Needs:

- Sleeping Gear
- * + Tent or tarp
- Closed cell foam sleeping pad
- * % Sleeping bag (20-degree synthetic mummy sleeping bag in waterproof stuff sack recommended)
- Light blanket (May-Sep)

Personal Care

- Baby powder (small)
- 1/2 roll of toilet paper in ziplock bag
- Plastic trowel
- Bandanna
- Toothbrush and Toothpaste (small)
- Hand sanitizer (small)
- Sunscreen (small)
- Chapstick

Emergency Equipment

- *Personal first aid kit (see Scout handbook)
- *Whistle
- Firestarter with tinder
- Backup flashlight (small)

Cooking

- * + Lightweight stove and fuel
- *+ Lightweight cooking pot with pot grabber, lid, and pot cozy
- *Mug
- *Spork (Recommend Lexan - not disposable plastic)
- Frisbee or plastic plate
- *1.5 liters of water storage
- *Water treatment tablets (Troop will provide)

Equipment

- *Properly fitted backpack
- Pack rain cover

- Pocketknife
- *Headlamp or small flashlight
- 1 set of spare batteries
- Watch
- Small notepad and Pencil
- Scout Handbook
- Hiking stick
- 4 Wal-Mart bags

Navigation

- Compass
- Map (Troop 99 will provide)

Clothing (includes what you wear when we depart)

- * % Synthetic thermal underwear - top and bottom
- *2 pair synthetic pants
- *2 pair cotton or synthetic underwear - boxer briefs recommended
- *2 T-Shirts - 50/50 cotton/polyester blend or 100% synthetic
- * % Synthetic fleece pullover with high collar
- * % Wool or synthetic beanie/toboggan
- * % Synthetic or wool gloves or mittens
- *Lightweight waterproof jacket with hood (good poncho is OK. "emergency poncho" is not OK)
- Lightweight waterproof pants
- Scout cap
- *Hiking boots
- *2 pair wool socks (3 recommended)
- *2 pair sock liners or 2 pair cotton socks to wear over over wool socks.
- *Water shoes (not flip flops)

Things Not to Bring

- Personal electronic devices or phones (GPS or camera OK)
- Stoves that use the Big Green Propane Bottles
- Big lanterns of any kind
- Giant tents (unless you are sharing - tents should be 3-4 lbs per person max)
- Canned foods
- Soft drinks (Coke, Dr. Pepper, Mountain Dew, etc.)
- Gigantic cotton sleeping bags
- Pillows (wad up your extra clothes inside a T-shirt)
- Denim blue jeans, cotton sweat pants or sweat shirts
- Class A uniform

Essential Items for Safety

Nothing on the list above is optional unless it specifically says so. There are important reasons for everything being on the list. Backpacking and camping away from the troop

trailer, roads, and phones brings a great element of adventure; safety. **You will not be allowed to join this campout if you are missing any of the * items.** but it also brings greater responsibility to be prepared.

Items with a * are absolutely essential for personal and patrol

Backpacking Food

- When backpacking, you will burn 25-30 calories per pound of body weight per day.
- Carry dry food that can be eaten without cooking or be cooked with boiling water
- Food should contain at least 100 calories per ounce
- Assuming 3000 calories per day, food weight should be 2 to 2.5 lbs per day. (3000 calories is a lot more food than you think. 2500 calories/day may be a more reasonable target.)
- Do not eat lunch. Rather, eat several snacks throughout the day.
- Share food with another hiker.
- Repackage for meal-sized quantities before leaving home.
- Freeze-dried or dehydrated meals (Wal-Mart or Academy) are tasty, lightweight, but a bit expensive.
- The following items are cheap, calorie dense, and easy to prepare:
 - Instant mashed potatoes (“just add water” type)
 - Minute rice, various flavors
 - Pasta dinner, various flavors
 - Instant oatmeal
 - Dry soup mix
 - Summer sausage, hard salami, or jerky
 - Individually wrapped cheddar cheese
 - Package of chicken or tuna (not canned)
 - Flatbread, tortillas, or mini-bagels
 - Hot chocolate packets
 - Trail Mix
 - Peanut Butter Crackers
- Here are some suggested treats:
 - Fresh fruit (non-refrigerated, non squishable - apples, pears, oranges)
 - M&Ms
- You should avoid these items:
 - Anything canned
 - Anything requiring refrigeration
 - Anything that will be crushed into dust

14.3 - Canoeing Checklist

*REQUIRED +Share between two scouts %Oct-Apr

Sleeping Gear

- * + Tent
- Closed cell foam sleeping pad
- * % Sleeping bag (20-degree synthetic mummy sleeping bag in waterproof stuff sack recommended)
- Light blanket (May-Sep)
- Fishing pole and tackle (Fishing license!)
- Camp chair
- Day pack

Navigation

- Compass
- Map (Troop will provide)

Personal Care

- Baby powder (small)
- 1/2 roll of toilet paper in ziplock bag
- Plastic trowel
- Bandanna
- Toothbrush and Toothpaste (small)
- Hand sanitizer (small)
- *Sunscreen (small)
- Chapstick
- *Towel

Clothing (includes what you wear when we depart)

- * % Synthetic thermal underwear - top and bottom
- *2 pair synthetic pants
- *2 pair synthetic underwear - boxer briefs recommended
- *2 T-Shirts - 50/50 cotton/polyester blend or 100% synthetic
- * Lightweight long-sleeved synthetic "fishing shirt"
- * % Synthetic fleece pullover with high collar
- * % Wool or synthetic beanie/toboggan
- Gloves
- *Lightweight waterproof jacket with hood (good poncho is OK. "emergency poncho" is not OK)
- Lightweight waterproof pants
- *Wide brimmed hat
- Camp shoes
- *2 pair wool socks (3 recommended)
- *2 pair sock liners or 2 pair cotton socks to wear over over wool socks.
- *Water shoes (not flip flops)
- *Polarized sunglasses with strap
- Swimming Trunks

Emergency Equipment

- *Personal first aid kit (see Scout handbook)
- *Whistle
- Firestarter with tinder
- Backup flashlight (small)

Cooking

- * + Lightweight stove and fuel
- *+ Lightweight cooking pot with pot grabber, lid, and pot cozy
- *Mug
- *Spork (Recommend Lexan - not disposable plastic)
- Frisbee or plastic plate
- *1.5 liters of water storage
- *Water treatment tablets (Troop will provide)

Additional Items for Backpacking:

- *Properly fitted backpack
- Pack rain cover
- Hiking Stick
- * Hiking boots

Equipment

- *Class II or III PFD
- *+Bailing Bucket
- *Large Dry Bag for clothes and sleeping gear
- Small Dry Bag or Dry Box for frequently accessed items
- *Large plastic bags (bag-within-bag packing)
- Pocketknife
- *Headlamp or small flashlight
- 1 set of spare batteries
- Watch
- Small notepad and Pencil
- Scout Handbook
- 4 Wal-Mart bags
- Large Sponge

NOTES:

- Clothes, personal items, and sleeping gear should be packed in plastic bags (trash bags or giant ziplock bags) and put inside your large dry bag
- Tents should be put in a dry bag or plastic bag.
- Frequently accessed items should be put in a small dry bag or dry box.
- Personal eating utensils should be kept in a bag separate from other items.
- Food will be kept in crew dry bags and distributed at meals or throughout the day.
- Do not wear or bring cotton or denim clothes.
- Do not bring any electronic devices except camera or GPS.