

Personal Gear

The following is a list of gear and equipment we both require and recommend all participants bring with them for Summit Base programs. Included are suggested brands to use and respective cost estimates. Appropriate clothing and equipment can often be borrowed or obtained at significantly lower costs when purchased second hand. Additionally, many retail stores give discounts to Scouts so please do not hesitate to ask.

The amounts of heavyweight and lightweight clothing you bring should be appropriate for the season. Additionally, there is **NO COTTON PERMITTED** on trek or any high adventure activity. A note of interest is that during the summer months the temperature in the Adirondacks can easily be in the low 40's. Winter gear lists vary greatly and can be obtained from your Summit Base adventure planning representative.

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CLOTHING				
We recommend that you pack your clothing, sleeping bag, and other equipment in separate stuff sacks or heavy duty zip lock bags to keep it dry and organized. It is particularly important to keep your sleeping bag and clothing dry. The use of waterproof stuff sacks, zip lock freezer bags or heavy-duty trash can liners is strongly required.				
ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
Lightweight Rain gear REQUIRED	1 jacket 1 pair of pants	\$80.00-\$130.00	-Lightweight, pack able, breathable Suggested Brands: The North Face-Venture, Red Ledge, Mountain Hardwear- Epic, Marmot, EMS	
Mid weight Fleece REQUIRED	1 jacket or pullover	\$50.00-\$100.00	-200 weight fleece -NO COTTON SWEATSHIRTS	
Mid weight fleece Pants OPTIONAL	1 pair	\$50.00-\$75.00	-200 weight fleece -NO JEANS OR SWEAT PANTS!	
Base layer REQUIRED	1 long sleeve shirt 1 pair long pants	\$40.00-\$60.00 per set	-Mid weight -Synthetic, quick dry Suggested Brands: Bergelene, Mountain Hardwear, Patagonia, EMS, LL Bean, Smartwool	
T- Shirts REQUIRED	2	\$10.00-\$25.00	-Synthetic, quick dry, NON-COTTON	

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Long sleeve travel Shirt OPTIONAL	1	\$50.00-\$75.00	-Light weight, synthetic, quick dry -Bug repellent available -Sun protection available Suggested Brands: Exofficio, Columbia, Mountain Hardwear
Hiking Shorts REQUIRED	1-2 pair	\$20.00-\$50.00	-Synthetic, Lightweight, Quick dry -Running/ Soccer/ Basketball shorts work well
Hiking long Pants REQUIRED	1 pair	\$30.00-\$60.00	-Synthetic, Light weight, Quick Dry, Pack able -Zip off pants that convert to shorts are ideal Suggested Brands: Exofficio, Columbia, Mountain Hardwear -NO JEANS OR SWEAT PANTS!
Warm hat OPTIONAL	1	\$10.00-\$20.00	-light fleece or wool
Gloves OPTIONAL	1 pair	\$15.00-\$25.00	-light fleece or wool

FOOTWEAR				
Hiking Socks REQUIRED	2-3 pair	\$15.00-\$20.00	-Synthetic, synthetic/wool blend, 100% wool -Polypropylene liners recommended for 100% wool socks Suggested Brands: Smartwool, Darn Tough, Dahlgren, Wigwam	
Backpacking/ heavy weight hiking boots REQUIRED: backpacking and combo trips only	1 pair	\$125.00-\$200.00	-Well broken in with use -Waterproof/ Gore Tex, Breathable Suggested Brands: Asolo, Lowa, Vasque, Garmont, Merrel	
Extra Shoelaces OPTIONAL	1 set	\$5.00	-Heavy duty -50-60 cm length	
Water Shoes/ Supportive sandals REQUIRED: canoe trips and combo trips only	1 pair	\$45.00-\$75.00	-Backpacking participants can use sandals instead of camp shoes. Suggested Brands: Teva, Chaco, Keen, Salomon	
Camp shoes REQUIRED	1 pair	use old sneakers	-All participants must have 2 pairs of footwear. (boots and sandals, boots and camp shoes, sandals and camp shoes) -Can substitute sandals for camp shoes	

EQUIPMENT				
ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
Backpack REQUIRED	1	\$150.00- \$300.00	-Internal or External frame pack acceptable -4500-5500 cubic inch capacity Suggested Brands: Osprey, Gregory, Kelty, EMS, Deuter	
Backpack rain cover REQUIRED	1	\$20.00-\$50.00	-Lightweight, waterproof (Many pack come with integrated rain cover)	
Replacement Hip belt buckle OPTIONAL	1	\$2.00		
Sleeping bag REQUIRED	1	\$90.00- \$150.00	-Packable, Lightweight, mummy bag -Synthetic preferred -Down acceptable - Should be stored in waterproof bag -20-40 degree temperature rating Suggested Brands: The North Face, Mammut, Mountain Hardwear, EMS	
Sleeping pad REQUIRED	1	\$20.00-\$60.00	-Cannot be bulky Suggested Brands: Ridge Rest, Thermarest, Z-rest	
Ground cloth OPTIONAL	1	\$10.00-20.00	-For use under sleeping pad, to protect against moisture.	
Packable pillow OPTIONAL	1	\$10.00-\$20.00	-Small, pack able, synthetic	
Stuff sacks OPTIONAL	2-3	\$10.00-15.00	-We recommend packing your gear as organized as possible -Waterproof zip lock bags available	

Dry Bags OPTIONAL	-	\$30.00-100.00	-For participants on full week canoe trips dry bags are a good idea, however they are difficult to pack and carry on portages.
Water bottles REQUIRED	2-3 liter capacity	\$8.00-\$20.00	-Two-3, 1 liter Nalgene style bottles -Hydration bladders are acceptable but must have at least one water bottle for filtering Suggested Brands: Nalgene, Camelbak
Headlamp/ flashlight REQUIRED	1	\$15.00-\$30.00	-Headlamps are preferred -Light flashlights are acceptable -Extra batteries needed Suggested Brands: Petzl, Black Diamond, Princeton Tec
Sunglasses REQUIRED	1 pair	\$30.00-100.00	-sunglass holder straps/ Croakies recommended
Compass REQUIRED	1	\$25.00	-Suitable for navigation by map and compass
Pocket knife/ Multitool REQUIRED	1	\$15.00-80.00	-Lightweight and compact -Basic models are suitable
Whistle REQUIRED	1	\$5.00-10.00	-For bear protection and as a lost hiker precaution
Bandannas REQUIRED	1-3	\$2.00	-Multi-purpose item
Mosquito head net STRONGLY RECOMMENDED	1	\$10.00-15.00	-Most important in the spring and early summer
Trash Can Liners REQUIRED	1-2	-	-Heavy duty black plastic construction or lawn and leaf bags are best. -These can be used to pack sleeping bag/ clothing or double as a pack cover

Zip Lock Freezer Bags OPTIONAL	1 box Gallon size	-	-Use these to protect clothing and equipment from moisture.	
Bowl REQUIRED	1	\$5.00-25.00	-Unbreakable -Lightweight -Mess kits are too bulky, only the bowl is needed -Lexan, aluminum, or titanium	
Spoon or spork (Yes, a spork) REQUIRED	1	\$5.00-25.00	-No need for any other utensils -Unbreakable -Lexan, aluminum, titanium	
Mug/ Cup REQUIRED	1	\$5.00-20.00	-Graduations helpful -Insulated acceptable -Lexan, plastic, aluminum or titanium	
Trekking Poles OPTIONAL	1 pair	\$80.00-150.00	-Recommended for those with knee problems	
Matches or lighter REQUIRED	1	-	-waterproof or stored in a waterproof container	
Watch OPTIONAL	1	\$25.00-\$40.00	-Waterproof Impact resistant -Inexpensive Alarm feature is helpful	
Camera OPTIONAL	1	-	-Store in waterproof container -Do not bring expensive, heavy, or bulky cameras -Bring extra film and batteries -Disposable cameras recommended	
Notebook and pen OPTIONAL	1	-	- For use as a journal, menu planner, or duty roster -Can be shared with others	

Seat or seat pad OPTIONAL	1	\$20.00-50.00	-Recommended for participants in canoe trips -Either full seat or a simple pad is sufficient -Must be light and pack able Suggested Brands: Crazy Creek	
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PERSONAL GEAR

All items with scent such as toothpaste, deodorant, perfume, cologne, shampoo, soap, lip balm, insect repellent, and antifungal cream will attract bears and other wildlife. If possible purchase unscented or lightly scented items. Please leave unnecessary items like perfume, soap, shampoo, and deodorant at home.

ITEM	QUANTITY	APPROX. PRICE	COMMENTS	CHECK LIST
First Aid Kit REQUIRED	1	\$25.00	-Small, light -Must contain blister care products	
Antibacterial hand sanitizer REQUIRED	2 oz	\$3.00	-Small bottle -Can share with others	
Sunscreen REQUIRED	1	5.00-15.00	-SPF 30 or above -small container Suggested Brands: Bullfrog, Dermatone	
Pocket towel OPTIONAL	1	\$10.00- \$20.00	-Pack able, quick dry, synthetic -NO COTTON TOWELS	
Antifungal Cream/Powder STRONGLY RECOMMENDED	1	-	-Small bottle Suggested Brands: Tinactin Cream, Gold Bond Powder	
Insect Repellent STRONGLY RECOMMENDED	1-2	\$5.00-10.00	-No aerosol -Small bottles	
Toothbrush REQUIRED	1	-		