

# Boy Scout Gear List: Philmont Scout Ranch, New Mexico, Summer

Philmont Guidebook to Adventure: "Remember, the key to successful backpacking is to go lightly."

BY Doug Prosser

## Introduction

Whenever you walk around base camp at Philmont Scout Ranch during the summer you will see the "cripples": Boy Scouts, mostly adult leaders, who have broken down on the trail and had to be removed from their crew and evacuated from the backcountry. They are almost always limping but quite often you will find them hobbling around with crutches. For each one you see in the base camp there are many more on the trails that are just barely making it and regretting their decision to come to Philmont. Why is this happening when Philmont is one of the great adventures in Scouting? The two most common errors are insufficient training and carrying too much weight. When these two errors happen simultaneously that person has created a dangerous situation for himself, and his crew.

Philmont publishes a pamphlet, *Philmont Guidebook to Adventure*, which gives Scouts information on the Philmont experience, the training, and equipment needed to hike its trails. The equipment list is extensive (read "heavy"), with lots of gear and multiple sets of clothing. Most people who read this pamphlet assume that this is the recommended list of equipment to bring to Philmont. It is not! There is one paragraph in this pamphlet that is the key to your success at Philmont that most people miss:

## Gathering Your Equipment

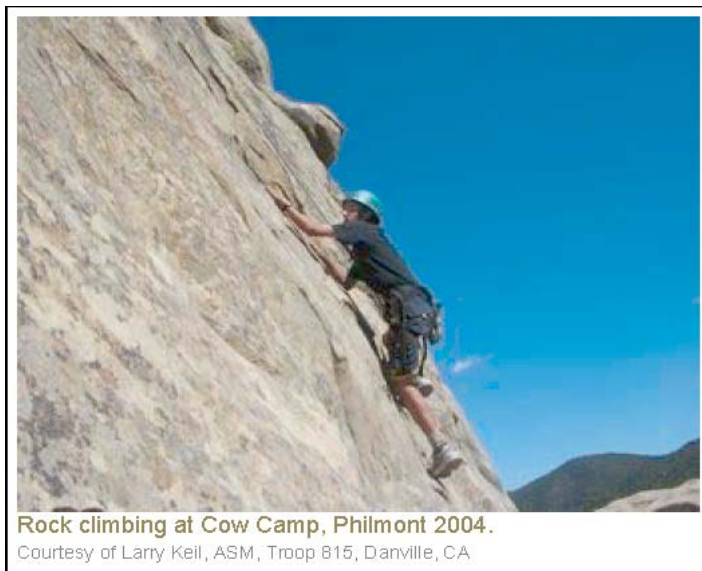
Backpacking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After several overnight camps you should be able to conduct your own shakedown to eliminate items you didn't need. Remember, the key to successful backpacking is to go lightly. Check your equipment against the recommended lists on page 12 and 13. This is the maximum. All backpackers can reduce this list and still be comfortable, clean, and safe.

*Philmont Guidebook to Adventure 2002, 2003, 2005 and 2006*

The above paragraph sounds like something Ray Jardine wrote instead of the Boy Scouts of America. Statements like "take only what you need," "eliminate items you don't need," and "the key to successful backpacking is to go lightly" have been heard for years throughout the lightweight backpacking community.

This article will show you a reasonable list of gear and techniques that will allow you to carry a lighter pack and truly enjoy the wonders Philmont has to offer.

When I asked my 18-year-old son (Philmont trek 2002, Rayado 2003) how others or I could lighten our packs, his immediate response was, "Bring your 18-year-old son and give him all your gear." He was joking, of course, but there's a lot of wisdom in this statement. At Philmont you function as a "crew" or team. You succeed or fail as this team. If you have immensely strong Scouts they can and should carry more of the group gear than the weaker ones, whether boys or leaders. This allows the whole crew to move the most efficiently around Philmont.



Rock climbing at Cow Camp, Philmont 2004.  
Courtesy of Larry Keil, ASM, Troop 815, Danville, CA

Philmont assigns a Ranger to your crew for the intake process and to hike with you for a few days. The Ranger will get your crew through the intake process, ensure that you bring the appropriate gear, and train the crew on Philmont techniques. Your particular Ranger is the one you need to convince concerning the clothing and equipment you bring. Many people who frequent Backpacking Light will know a bit more about backpacking than your average 1822 year old Ranger, but please do not harass them. Just take the time to explain yourself and your choices and most of the time they will go along with your choices. I recommend that you not challenge them on anything to do with bear protection. In 2002 we wanted to bring lighter ropes and bags, but our Ranger disagreed. We took the Philmont ropes and bags. In 2005 we had a similar event. I cannot see them approving the Bozeman Mountain Works AirCore Pro URSA Dyneema Bear Bag Hanging Rope even though it may be a better and lighter choice.

Philmont does a really good job of having thousands of Scouts camping in close proximity to lots of bears with very few problems and needs to be congratulated for their efforts to keep everyone safe.

### Context

The gear on the list below was selected specifically to meet the requirements of Philmont Scout Ranch while being as light as possible. Although the list was compiled for Boy Scouts and Scout Leaders attending Philmont, it will work equally well for others interested in a lighter pack.

- **Seasons:** Summer - lows to the 40s F, high 80s to 90s F, short afternoon showers common
- **Length:** Four days between resupply
- **Where:** Philmont Scout Ranch, Sangre de Cristo mountains, New Mexico



Equipment check on day one, Philmont 2004.

Courtesy of Larry Keil, ASM, Troop 815, Danville, CA

## **Rationale for Selected Gear**

The gear you carry is broken into five sections: Personal Equipment: Clothing; Personal Equipment: Gear; Personal Equipment: Sleep Systems; Crew Equipment Issued at Philmont; and Crew Equipment Provided by Your Crew.

### **1. Personal Equipment: Clothing**

Philmont sets some standards that influence your clothing choices. They require completely separate sleep clothing, full rain suits (no ponchos), and long pants for various activities. These requirements dictate some of your choices, but still allow you to go fairly light.

Philmont requires long pants for some of the activities (spar pole climbing, horseback riding, conservation projects). These activities could conceivably be done in your rain pants. I tried this during my 2002 trek, but now my rain pants have numerous pieces of duct tape covering the holes I put in them at Philmont doing these activities. Since most people prefer to hike in shorts, a better solution would be a long pair of pants with zip-off legs. A good choice is the Ex-Officio Amphi Convertible Pant. In addition to zip-off legs, it has a built-in brief so that you do not need to bring underwear. For a shirt, I recommend one with an SPF-30 rating and sleeves you can roll up or down. RailRiders, Ex-Officio, and REI make nice shirts, among others. Another advantage of these shirts over T-shirts is that the fabric weave is much tighter making it hard for mosquitoes to bite through the shirt. Remember to treat your clothing with Permethrin prior to coming to Philmont. All you need to take is the one pair of zip-off pants and one hiking shirt for the whole trek. When you get a chance to shower at one of the staff camps wash your shirt, pants, and socks; put them back on and they will be dry usually in less than an hour. I take two pairs of hiking socks, one to wear and the other to change into part way through the day or when getting into camp.

Boots are not necessary since almost all hiking is done on well-worn trails, and your pack weight should be below 30 pounds. Running shoes with good tread will do fine, especially if they are trail runners. Make sure they are broken in before going. A wide brim hat finishes off your hiking clothing.

I have used Frogg Toggs at Philmont for rainwear. I combined them with an umbrella to keep the rain off my face. The umbrella also functions to keep my pack fairly dry. The Gossamer Gear Micropore Rain suit costs \$25 versus \$70 for Frogg Toggs and weighs less (10.3 oz vs. 16.2 oz). Several people in our crew tried the Micropore Rain Suit on my 2005 trek with mixed results. Some of the suits were really trashed after a 10-day trek. The consensus of our group was that the Frogg Toggs were a better choice, but for Scouts it's hard to overlook the low cost of the Micropore Rain suit.

You will also need to bring a warm sweater and/or jacket/vest. I found that a lightweight fleece or wool sweater works OK but adding a lightweight vest really keeps you toasty socializing with other groups at night. If you find you are getting cold due to wind, just wear your rain suit to act as a wind barrier. Don't use down exclusively for your insulation, in case it gets wet. Mix some wool, fleece, or high loft synthetics into your clothing line. I use a Possum Down (wool) sweater, Patagonia synthetic vest, and a down sleeping bag.

### **2. Personal Equipment: Gear**

When I was in Philmont in 2002 I used a Gossamer Gear G4 pack with a trash compactor bag inside as waterproofing. The G4 worked well at Philmont but it seemed a bit too big even with the bulky food that you get issued. The Ranger was skeptical, but accepted my setup when I showed him I had everything on his list, and then some. In 2005 I used a Gossamer Gear G5 pack (silnylon version). This pack has a smaller volume than the G4, but my gear has also gotten a bit lighter and smaller. The Ranger never questioned me about the pack. Some members of our trek used a GoLite Gust pack (20 oz), and some the Granite Gear Virga (21 oz). The Virga has compression straps to secure the contents better than the Gust, but all the adults and Scouts were happy with their selections. Some of the others took heavier packs that they have owned for a while but are cutting down on other weighty items. Most lightweight packs will work at Philmont if you get total weights to less than 25 pounds with food and water. You need to keep a big enough area in the pack to carry about four days of food, which is usually the most they issue at any one time. Plan on the space for this food to be approximately the size of a bear canister but made up of numerous smaller packages. When the food is issued, go through the food bags and remove items that you and your food group will not use.

Take your water containers of preference. A bladder system, such as Platypus or CamelBak, helps you easily stay hydrated. Bring enough water containers to hold at least 4 liters so that the nights you are in a dry camp you will have water for the morning. If everyone has an extra 2-3 liters of water you do not need to carry the Philmont extra water containers, thus saving a little bit of weight. One other suggestion when going into a dry camp: eat your dinner for lunch near a water source, since dinners require water, whereas lunches and breakfasts are usually dry.

I carry my small pocketknife, whistle, and a couple of photon lights on a necklace so I know where everything is when I need it. The other personal gear you will need is a plastic bowl, cup for hot liquids and a spoon for eating. Some other items are a small propane lighter, personal first aid kit, medicines, sunglasses, and a "stash" of coffee if you are a big coffee drinker. If you really need your caffeine, chocolate-coated coffee beans were really popular on our 2002 and 2005 treks. Remember to bring two cotton bandanas, one for cooking with and one for personal needs.



Troop 257 group photo after arriving back at base camp at the conclusion of their 2005 trek. Tent City, where everyone spends their first and last night at Philmont, is in the background.

Courtesy of Doug Prosser, ASM, Troop 257, Ventura County Council, CA

### 3. Personal Equipment: Sleep Systems

Philmont requires separate sleeping clothes from the clothing you wear during the day. This is because your hiking clothes could be contaminated with spilled food, thus leaving odors on your clothing that bears might be attracted to while you sleep. Philmont is very serious about bear avoidance. They spend a lot of time teaching your crew the "Philmont" way to prevent bear attraction. Please do not challenge them on these issues, just go with the flow. They have been very successful in preventing most bear attacks with thousands of Scouts going through the Ranch, always camping in the same fixed locations. Your sleep clothing choices depend on a) whether you sleep warm or cold, and b) the rest of your sleep system. Night temperatures are rarely colder than the low 40s. I sleep cold, so I wear lightweight fleece pants with a long sleeve

synthetic shirt and sleep socks that double as shoulder pads on the G5 pack. I add, as needed, a lightweight beanie, wool sweater, and vest.

Philmont requires a tent; no tarps or bivies are allowed. They do not require that a tent have an integrated floor, so many lightweight options are available. The Scouts in 2002 and 2005 used the Mountain Hardware Kiva, which holds up to four Scouts. Our Scoutmaster and I used the Betamid in 2002, and this year we purchased a Betamid Light to save even more weight. Some people use bathtub-type ground cloths, because the campgrounds are all very hard and flat, thus allowing water to pool around the tents. A flat ground sheet will work fine, however, if you pay attention when setting up your camp, just like you would on any other camping trip.

As I've aged I have migrated to thicker and thicker sleeping pads, to increase the quality of my sleep on the hard ground at Philmont. I am currently using the Big Agnes Insulated Air Core Pad at 25 ounces. In 2005, three of our crew slept on the Big Agnes pads.

In 2002, I used a three-quarter length thin Therm-a-Rest combined with my Therm-a-Rest Ridge Rest closed cell foam pad and a Western Mountaineering MityLite sleeping bag. In a tent, a 30-40 degree bag will work well when combined with some of your insulation layers and a hat. In 2005, I used a Pertex Quantum Arc X down bag, which is both warmer and lighter than the MityLite. I was much warmer sleeping with the Arc X and I may need to lighten my sleep clothing for the next Philmont trek. One other topic that concerns people at night is bugs. We really had no problems with bugs in 2002 and 2005; I never even had to use any Deet or my head net.

#### 4. Crew Equipment Issued at Philmont

Philmont will issue gear to your crew if you do not bring your own. The Philmont gear is heavy and designed to take the constant abuse that Scouts can deliver. If you plan well you will not have to take much of Philmont's heavy gear. Below is a discussion of the gear listed in "Philmont 2005 Guidebook to Adventure."

The first item is a nylon dining fly (12'x12') weighing about 4 pounds. Its two collapsible poles weigh about 1 pound. Instead, have your crew take a silnylon tarp at least 8'x10' along with extra titanium stakes and lightweight line. In place of the dining fly poles, our crew used two hiking poles velcroed together to give them added height, just single poles if we wanted to keep the tarp low. For whatever reason, our Ranger did not want us to tie our dining fly to trees.

Do not use the Philmont tents, since they weigh about 5.5 pounds for two people. There are many current lightweight options under 2 pounds per Scout (see above). The cook kits Philmont provides range from 4-6 pounds per cook group and cutlery kits weigh 0.5 pound. Each cook group needs a 6-8 liter pot (4 liters is a bit small), and a 2-liter pot for some desserts. Another option for desserts is to mix them in plastic bags. We did this in 2005 with good success; only one dessert bag blew up on a Scout who was too rough with it. Leave the fry pan at home. The whole crew will need one other 6-8 liter pot to boil water for sterilizing eating utensils and for washing. Philmont is really big on regularly sterilizing your eating and cooking gear. The only cutlery item you need is a large spoon and a serving cup with a handle. Leave the spatula at home.

Due to the Philmont logistics, we always use two stoves, when in theory we could get by with only one. Many of the memorable activities at Philmont happen in late afternoon and early evening. The Scouts want to get out there for those activities as fast as possible. One stove for cooking and another stove to boil water means our crew can finish their meals and get out to the activities much faster. In my opinion this is worth the added weight of a second stove.

The next item from the Philmont cook kit is hot-pot tongs (two pairs), weighing about 0.5 pounds. I never saw a use for these since we bring a cooking bandana (our only cotton item) that works great for grabbing hot items.

The next item on the list is a camp shovel, weighing about 1 pound. This is a relic of early days when latrines were dug at each camp. Today every campsite has an outhouse, so we leave this behind.

The next items are plastic trash bags, salt, and pepper. The packets in which you carry your food provide sufficient space to stuff your trash, but trash bags may come in handy as emergency rain wear if a Scout's rain gear gets lost. The salt and pepper are in small individual packets, which generate a lot of small pieces of trash. A better option is to bring a small container of each, along with some additional spices for your trail meals.

Philmont provides scrub pads, toilet paper, and small containers of both dishwashing soap and hand sanitizer. We also bring additional hand sanitizer bottles with us so that we have them readily available when cooking, eating, or returning from the outhouse. We think this is one of the most important aspects of avoiding sickness on the trail.

Philmont also provides Katadyn Micropur water purification tablets, a variety of other cleaning equipment, and bear bags and ropes. Philmont uses a plastic strainer to filter food particles out of wash water and drain it into an underground sump. A spatula is used to scoop the larger food particles from the strainer to



Fish Camp just after Troop 257 has finished setting up camp in the rain. The Scouts under the 8'x10' silnylon dining fly are breaking out the food packets for dinner and getting the cooking started. Note the Micropore Rainsuits, two Mountain Hardwear Kiva shelters, Black Diamond Betamid (purple/white), and Black Diamond Beta Light (blue/gray silnylon). Philmont, 2005.

Courtesy of Doug Prosser, ASM, Troop 257, Ventura County Council, CA

be thrown in your trash. I feel a fine mesh screen circle, 6-8 inches in diameter, could accomplish the same function as the plastic strainer, and the spatula could be replaced with a small thin flat piece of plastic like a credit card. I'll be doing this next trip to Philmont.

## 5. Equipment Provided by Your Crew

This section addresses those miscellaneous gear items that your crew may bring with them that will not be supplied by Philmont.

Philmont recommends a sewing kit with heavy thread and needle. During our past treks we brought a "hotel" sewing kit but we never used it for anything other than draining blisters.

Bring enough tent stakes to put up all your tents, plus the dining fly (in windy conditions) instead of the recommended 10 per person.

Two to three collapsible water containers, 2.5 gallons each are recommended so that when you go to dry camps your crew can bring extra water. In 2002, a number of us brought extra Platypus 2.5 liter containers and in 2005 a few of the crew brought 2.5 gallon containers that they could inflate and use as pillows at night. Either way works fine but it is convenient having some larger containers. I also recommend that you have the crew fill all their water containers and purify them prior to going to bed so you can hit the trail immediately in the morning. You usually need to remind the Scouts to make sure this happens.

Two or three backpacking stoves are recommended. We brought two MSR Simmerlight stoves. Since we had two stoves, we did not bring a repair kit, but we did bring two, 33-ounce and one, 12-ounce fuel containers. We ended up with way too much fuel. I think that a 33-ounce fuel container per stove will provide adequate fuel in between food/fuel pick-ups.

One crew first aid kit is required but the list of items in the kit Philmont suggests is a bit much. Our first aid kit was not any different than we take on a weekend trek. Every Ranger staffed camp has extensive first aid supplies, trained first-aid providers, and the ability to transport people out of the backcountry, so you will not need to provide care for multiple days.

Our crew brought along duct tape wrapped around each of our hiking poles. The duct tape was used for a number of things during the trek but the most important was to patch holes and tears in Micropore Rain suits.

One waterproof ground cloth (5'6" x 7'6") per tent is recommended, but we only brought the ground cloth that came with our tents and did not bring this item. Three 50-foot lengths of  $\frac{1}{8}$  inch nylon cord are recommended but we only brought two 50-foot lengths that we mainly used for tying up the dining fly. We could have saved some weight here by using the AirCore line to tie up our dining fly.

One adult in 2005 brought along a picture guide to plants which some of the boys found interesting. Our crew brought one 4-ounce bottle of sunscreen, one 2.5-ounce tube of 3M Ultrathon insect repellent, and no shampoo. In three treks to Philmont I have never felt a need to use insect repellent so this may be another area to save a little weight. We do bring a small bar of soap for showers and/or use a little Camp Suds.

## Conclusion

I have shown you a way to solve one of the two reasons for failure at Philmont: carrying too much weight. The other reason for failure is lack of training before going to Philmont. The people who walk regularly had no real problems hiking around Philmont while those who did no real training were hard pressed at times to complete the day's hike. **All adults and any Scouts who are not playing sports in high school need to get out and walk five to seven days per week.** Everyone who has not done this has slowed down our crew whether adult or Scout. When walking, carry a daypack or the backpack that you will be taking to Philmont. Each week you are walking, increase the weight in your pack by 3-5 pounds until it is a little above what you will carry at Philmont. In 2002, my training route took me past a supermarket where I would stop every other day and buy a bag of dried beans or peas and throw them in my pack until I had 30 pounds to carry. Each week, increase the distance that you are walking until you are doing 3-5+ miles daily. Try to plan your route such that you include some hills. Have your crew plan

weekend treks twice a month for a few months before going to Philmont so that you all can learn to work as a team. Refine your gear list until you have it optimized.

With the steps described above you and your Scouts will enjoy the trip of a lifetime, and just maybe get to come back one day with you children and even possibly your grandchildren.

My gear list for Philmont follows. It includes specific brands and models/styles of gear for reference only. This list neither represents an endorsement of any particular product nor suggests that any product listed is the best choice in the context of any particular situation. The list is easily adaptable for Scouts and Leaders and each person's specific needs.



## Philmont Gear List

### CLOTHING WORN WHILE HIKING

FUNCTION	STYLE/Rationale	EXAMPLE	Ounces	Grams
hat with brim	wide-brimmed hat	Dorfman Pacific	4.3	120
hiking shirt	short sleeve wicking shirt	Troop Cool-max shirt	5.0	140
hiking pants	long zip-off pants with built-in briefs	Ex Officio Amphi Convertible	12.8	364
hiking socks	lightweight merino wool or Coolmax trail running socks	Thorlo Lite Walking Level 2 Mini-crew socks	2.9	82
hiking shoes	breathable, lightweight trail shoes	Lowa Vento II, size 13	46.4	1316
<b>Total</b>			<b>71.4</b>	<b>2022</b>

#### OTHER ITEMS WORN OR CARRIED

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
bandana	cotton	Survival Bandana x 2 (one for cooking; one for everything else)	3.2	88
watch	multifunction: compass, altimeter and time	Suunto Vector	1.9	54
neck cord	nylon line - holds light, whistle, knife, can-opener	Kelty Triptease line - reflects light at night, easier to find	2.5	70
lighter	small butane lighter, without child locks	cheapest on the market	0.5	14
eye glasses case	combination glasses case and retainer	Backpacking Light Hides TechnoSkin Sunglass Case/Retainers	0.6	15
eye glasses	prescription	-	0.7	20
sun glasses	clip-on sun glasses and case	-	1.4	38
hiking poles	adjustable poles with duct tape wrapped on	Komperdell Pro Series AS	21.2	600
<b>Total</b>			<b>32.0</b>	<b>899</b>

#### OTHER CLOTHING

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
insulation layer	wool shirt	PossumDown Sweater, XL	10.3	390
insulation vest	synthetic vest	Patagonia Micro Puff	6.0	170
rain/wind suit	jacket and pants	Gossamer Gear Micropore Rainsuit (pants XL 4.2 oz, jacket XL 5.5 oz)	9.7	460
warm hat	wool or fleece beanie/watch cap	generic lightweight beanie	1.2	34
sleep pants	fleece pants	REI Polartec 100 Teton Pants, large	10.3	290
sleep shirt	nylon short or long sleeve t-shirt	LL Bean synthetic shirt	8.0	226
sleep sock	warm socks/used as pads on pack's shoulder straps	unknown brand	3.7	106
extra hiking sock	lightweight merino wool or Coolmax trail running socks	Thorlo Lite Walking Level 2 Mini-crew Socks	2.9	82
<b>Total</b>			<b>52.1</b>	<b>1758</b>

## SLEEP SYSTEMS

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
overhead shelter	lightweight tent	Black Diamond Beta Light (\$140)	22.0	622
overhead shelter	lightweight flooring for tent	Black Diamond Betamid Floor (\$55, 20 oz, partner carries)	0.0	0
tent stakes	standard, shaped like shepherd's crook	titanium stakes (6) (2 oz, partner carries)	0.0	0
sleeping bag	lightweight down	Pertex Quantum Arc X Variable Girth Down Sleeping Bag	16.4	466
sleeping pad	thick inflatable pad (my one comfort!)	Big Agnes Insulated Air Core Pad Mummy, extra-long	25.0	710
<b>Total</b>			<b>63.4</b>	<b>1798</b>

## PACKING

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
backpack	lightweight	Gossamer Gear G5 Ultralight Backpack, silnylon version, size small	7.7	216
waterproof liner	trash bag to protect clothing from water and for emergencies	trash compactor bag with two extras	6.9	198
sleeping pad	closed cell foam cut down to use as frame for pack	Therm-a-Rest Ridge Rest 3/4 length closed cell pad-cut down	7.0	196
<b>Total</b>			<b>17.0</b>	<b>478</b>

## COOKING AND WATER

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
utensil	spoon	Lexan soup spoon	0.3	8
dish	plastic margarine container, small	any brand	1.8	50
spices	personal use	hot pepper	0.9	26
cup	plastic 8-12 oz cup able to take boiling water	free plastic cup from Family Fun Cuts that fits in cook kit	0.8	24
water bottles	3 liter sipper w/ tube	CamelBak insulated 100 oz Unbottle	9.5	272
Extra water bottle	2.5 liter, empty except for dry camps	Platypus 3 liter	1.0	28
<b>Total</b>			<b>14.3</b>	<b>408</b>

## OTHER ESSENTIALS

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
maps	wax coated	Philmont official map and plastic bag	5.3	150
first aid/medications	minor wound care	assorted wound and blister care items, antimicrobial ointment	2.0	57
hand sanitizer	2 oz bottle for pre-cooking/eating and post-bathroom	least expensive available	3.0	85
toilet paper	non-scented toilet paper	small amount in plastic zip-lock bag	6.0	168
Personal hygiene	Teeth and body cleaning kit	small soap in zip-lock bags	2.0	57
lip balm	SPF 15 or higher		.3	8
bug barrier	head net	Campmor Backpacker No-See-Um	0.8	22
umbrella	lightweight umbrella folds small	MontBell umbrella	5.7	160
money			.1	4
<b>Total</b>			<b>25.2</b>	<b>711</b>

## CONSUMABLES

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
food	Philmont provided 3lbs/day/person	Average 2 days carried (Best Guess!!)	96.0	454
water	average carried - 2 liters	2 L	64.0	1814
water treatment	chlorine dioxide based treatment	Katadyn Micropur Purification tablets	0.3	8
<b>Total</b>			<b>160.3</b>	<b>1879</b>

**TREK SHARED GEAR (split between 10 people on trek)**

<b>FUNCTION</b>	<b>STYLE/Rationale</b>	<b>EXAMPLE</b>	<b>Ounces</b>	<b>Grams</b>
stove and windscreen	lightweight White Gas	MSR SimmerLite stove and windscreen x 2 (13.8 oz each)	27.6	773
fuel bottles and fuel	white gas	MSR 33 oz bottle x 2 (estimate 2 lbs each)	64.0	1792
cookpot	lightweight aluminum or titanium, 4-6 quart	4 liter aluminum pots x 3 (10.8 oz each)	32.4	907
guylines	100 feet nylon rope 1/8 inch or less	REI Braided Nylon Cord, 1/8 inch, 100 ft	5.6	160
dining fly	10' x10' lightweight tarp	silnylon 10' x 8' + 4 titanium stakes	16.0	454
first aid kit	expedition size kit with common medications	Adventure Medical Kit Weekender with some additions	23.0	650
spices	-	salt and pepper	4.0	113
cooking utensils	spoon and spatula	MSR folding large spoons x 2 and 1 spatula	2.7	76
bear bags and rope	Philmont provided	3 bags (0.5 lb each) and 1-150 ft, 1/4 inch rope (2.5 lbs)	64.0	1811
sunscreen	SPF 30 or higher	4 oz bottle	5.4	152
insect repellent	Deet based	3M UltraThon insect repellent	2.5	72
sewing kit	small	hotel kit	0.1	2
repair kit	minimal	nylon ties, pins, clevis pins (if needed), stick of hot glue	2.0	56
plastic strainer	Frisbee style	provided by Philmont	8.0	224
dish soap	biodegradable	3 oz Camp Suds	3.4	96
scrub pads	small	2 cut down scrub pads	0.6	12
hand sanitizer	alcohol based	4 oz Purell x2	10.0	283
camera	digital camera and extra batteries	Pentax Optio S 50	9.0	255
<b>Total</b>			<b>280.3</b>	<b>7888</b>

**WEIGHT SUMMARY**

	<b>Pounds</b>	<b>Kilograms</b>
(1) Total Weight Worn or Carried	6.5	2.9
(2) Total Base Weight in Pack	11.0	5.0
(3) Total Weight of Consumables	10.0	4.5
(4) Total weight of Trek Shared Gear	1.8	0.8
(5) Total Initial Pack Weight (2) + (3) + (4)	22.8	10.4
(6) Full Skin Out Weight (1) + (2) + (3) + (4)	29.3	13.3

### About the Author

Doug Prosser is an Assistant Scoutmaster for Troop 257 in the Ventura County Council, California with 11 years experience. He lives in Camarillo, which is located on the coast in southern California between Santa Barbara and Los Angeles. He has participated in numerous hikes in the local mountains and has planned many treks into the High Sierras for his Troop. He attended Philmont Scout Ranch as a Scout and as a leader, most recently in 2005. He started out with 50+ pound packs and continues to lighten load, always looking for a better way of backpacking. His friends have dubbed his garage "Doug's Camping World." Doug has a strong interest in teaching both kids and adults how to enjoy backpacking. He continues to train and gear up for an extended trek the Pacific Crest Trail within the next few years. Doug can be contacted at [DougPros@adelphia.net](mailto:DougPros@adelphia.net)



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