

1st Bedford “B” Cub Camp

Packing tips:

- Each Cub should have his gear packed in two separate packs: a light **daypack** for our hiking jaunts and a larger **backpack** or duffle bag to transport heavier and/or bulkier items between your car and the cabin. The trick to the packing is to have the right stuff in the right bag so we can conduct our activities with a minimum of fuss.
- Each Cub should **participate** in the packing so he remembers where everything is packed. There’s nothing worse than having to dump all of the contents out of a large duffle bag and sort through them, only to find that the “missing” item was actually tucked by Mom into a side pocket of a daypack.
- **Waterproofing** is critical. Line packs with garbage bags and pack smaller items in Ziploc bags.
- **Organization** is critical. Pack items that will be used at the same time in the same container. For example, all the eating implements should be in the same mesh bag, second-day clothing in the same Ziploc, etc.
- **Identification** is critical. Ensure that your Cub’s name is on every item that he brings.

What to wear:

- In general terms, dress for the weather and dress in layers so that you can adapt to changing conditions. The following clothing is recommended:
 - Waterproof footwear** – hiking boots or even light winter boots are best. Rubber boots are not recommended as they tend to be uncomfortable, cold, and slippery
 - Socks** – thick wool socks are best; cotton socks are the worst
 - Pants** – lined pants will be warmer than unlined pants
 - Underwear** – consider long underwear if wearing unlined pants
 - Shirt** – synthetics are better for warmth and moisture management than cotton
 - Sweater or sweatshirt**
 - Jacket** – fall-weight or winter-weight, depending on the forecast
 - Mitts or gloves** – mitts are warmer, but gloves allow greater dexterity
 - Hat** – a cap if it’s mild and sunny, a toque otherwise

What to bring:

- **Daypack** – this is a small, light backpack, possibly the same one that your Cub uses for school each day. It should be packed with the following:
 - Garbage bag liner**
 - Water bottle** – filled with water and packed in an outside pocket or in its own Ziploc bag in case it leaks
 - Survival kit**
 - Compass** – it may already be in the survival kit
 - Sit-upon** – a waterproof piece of plastic or foam to keep your Cub’s rear end high and dry when we take breaks and/or sit around a campfire
 - Nut-free snacks** – three high-energy snacks should do. These should be nutritious and not just candy. Most Cubs seem to like various trail mixes and/or cereal bars
 - Rain gear** – rain pants and jacket or poncho *[or an extra garbage bag in a pinch]*

- Socks** – two extra pairs of socks
- Mitts or gloves** – an extra pair
- Hat** – a spare cap or toque (i.e, a toque if he’s wearing a cap; a cap if he’s wearing a toque)
- **Backpack** – or duffle bag, packed with the following:
 - Garbage bag liner**
 - Indoor shoes** – sneakers, sandals or Crocs
 - Sleeping pad** – or a plastic groundsheet to help keep the bag clean
 - Sleeping bag**
 - Pillow case** – not the whole pillow; the case can be stuffed with spare clothes for sleeping *[if the sleeping bag has a stuff sack, it can be used instead!]*
 - Pyjamas** – or sweatshirt and sweatpants – packed inside the sleeping bag so the Cub will be able to find them easily
 - Flashlight** – with fresh batteries
 - Second day’s clothes** – socks, underwear, pants, and shirt packed in the same Ziploc bag
 - Towel** – small
 - Facecloth**
 - Toothbrush**
 - Toothpaste**
 - Mug**
 - Bowl**
 - Fork and/or spoon** – place all eating items in a mesh bag (if you have one) for easy drying; a grocery bag otherwise
 - Tinfoil dinner** – for our dinner on Saturday evening. It should be refrigerated but not frozen; see http://myweb.dal.ca/rloney/Site/Resources_files/07.%20Tinfoil%20Dinner.pdf for instructions on how to prepare it. Note that this counts toward the cooking badge if the Cub helps to prepare it.
- **Optional items**
 - Hiking staff**
 - Campfire blanket**
 - Playing cards** – or other small games (non-electronic)
- **Wood** – although we are allowed to use deadfall around the cabin for our wood stove and campfire, we’d prefer to have a reliable supply of dry, split hardwood. If you have some wood at home, please bring a bundle to camp.
- **Prohibited items** – the following items should **not** be brought to camp:
 - Junk food** such as candy, gum, etc.
 - Food products containing nuts**
 - Electronic toys**
 - Knives**
 - Fire-starting materials**
 - Medications** – these should be given to a Leader for safekeeping and the Cub and Leader should be given instructions regarding administration, which is to be performed by the Cub.