

Troop 185 - Saco River Canoe Trip Packing List

"A Scout Packs His Own Pack."

This packing list has two pages. Please read carefully and BE PREPARED!

Personal Gear

- Pack breakfast for Saturday morning so that we can get a fast start (no cooking)
- Pack lunch for the river on Saturday (no cooking)
- Two water bottles **FILLED AT HOME BEFORE YOU LEAVE**
- Dry bag or duffle bag with a strong garbage bag liner – no backpacks
- Sleeping bag (it can get cold at night in Maine)
- Sleeping pad
- Space blanket
- Warm jacket
- Sweatshirt, or wool sweater, or fleece
- Winter hat
- Baseball cap
- Rain gear
- Tent – Your own or borrow from the Troop. **Please check tents for completeness before your leave.**
- Complete change of clothing including:
 - Long pants or sweatpants
 - 2 T-shirts
 - 2 long sleeve shirts
 - Socks
 - Underwear
- Sleeping clothes
- Sneakers
- Swim suit
- Towel
- Gloves
- Headlamp or flashlight w/ new batteries.
- Insect repellent – you may want to bring a head net if you have one
- Sun screen
- Band-Aids / Personal First Aid Kit
- Toilet paper
- Tooth brush & paste
- Mess Kit (Cup, Bowl, Fork, Knife & Spoon)
- Matches
- **\$25 spending money for lunch at the Yankee Smokehouse BBQ restaurant** (menu is here: <https://yankeesmokehouse.com/menu/>)

Optional Items

- Bandana

- Camera
- Folding Camp Chair
- Fishing Gear
- Book
- Frisbee
- Nerf Football

Patrol Gear (to be assigned by Patrol Leader)

- Patrol cooking equipment
- Cooking stove (can be borrowed from the troop, please contact the SPL)
- Paper towels
- Garbage bags
- Liquid soap for cleaning pans & cooking gear
- Patrol food items, as assigned

Cooking Notes

- Scout cooking will be done by patrols. Meal Planning at Troop Meeting.
- Patrols should plan for:
 - Saturday dinner
 - Sunday breakfast
- Cooking gas will be provided by the Scoutmaster.
- Adults should bring their own food. An adult stove/gas will be provided. Adults should not plan to eat with the scout patrols.

Special Notes For This Trip

- Please eat dinner before leaving on Friday evening.
- **NOTE: PACK EVERYTHING IN PLASTIC BAGS.** Pack gear in a waterproof bag, or in a strong garbage bag. We will be traveling in canoes.
- Avoid large packing containers and/or large coolers. We will be traveling in canoes.
- We will be setting up tents at night on Friday. Headlamps are recommended.
- Each scout should sleep in their own tent (siblings can share a tent if desired).
- Drivers should be extremely careful not to lose their keys in the river. Please think about a good way to connect your car keys to yourself to avoid any problems.
- We will be making our traditional stop for lunch at the Yankee Smokehouse BBQ restaurant in West Ossipee, NH on the way home. This is one of the finest BBQ restaurants in the country! :-)