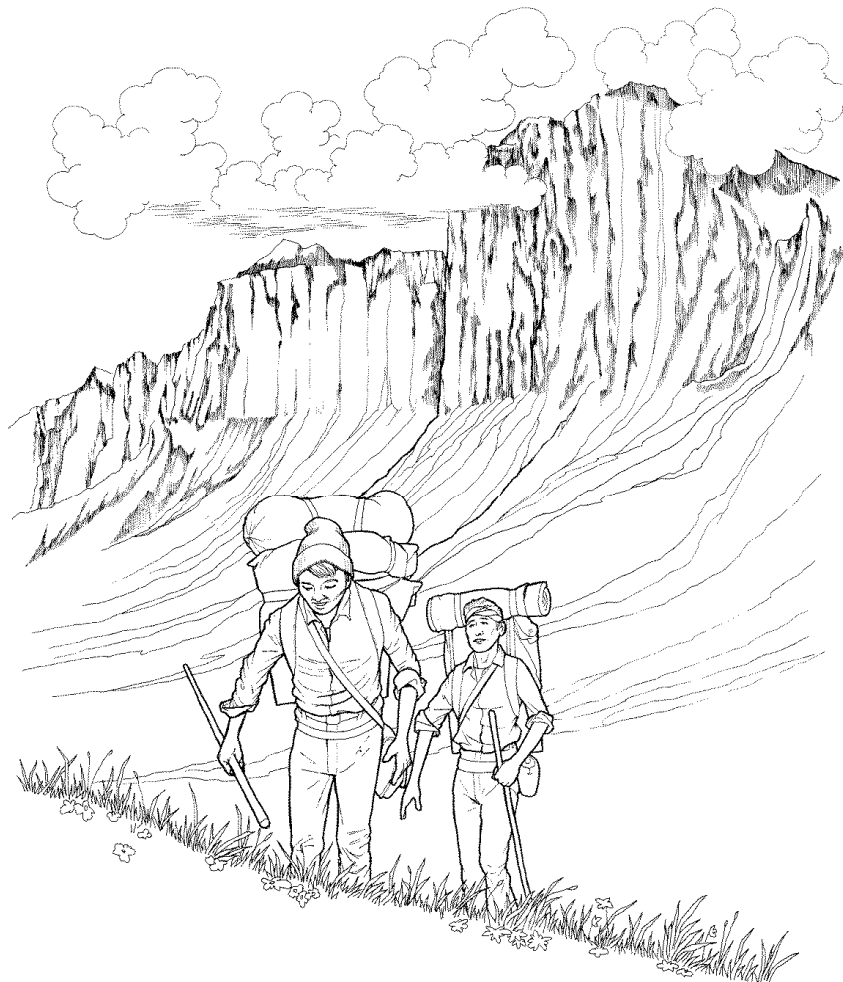


Philmont Personal Gear Check List and Tips

Contained in this document on the first three pages is a handy check off list that can be used when packing for Philmont or during crew shakedowns. The remainder of the document contains lots of tips and guidance you can use during the selection of your personal gear. All of the recommendations are based on years of personal experience with Philmont treks. However, there is no right or wrong way to pack or be prepared for Philmont and there may be items you find to be a better choice. Feel free to use what you think is of value and form your own opinions.

Tom Wills and Al Thomson
Patriots' Path High Adventure Committee



Tom and Al's Philmont Personal Gear Packing List

Check off items when packing

PACKING

- Pack with padded hip straps (external 4,000 cubic inches, internal 4,800 cubic inches)
- Pack cover - waterproof nylon or large plastic bags
- 6-12 gallon size Zip Lock plastic bags to pack clothes

SLEEPING

- Sleeping bag in waterproof bag lined with plastic bag
- Sleeping clothes only to be worn in the sleeping bag (T-shirt and gym shorts)
- Straps to hold sleeping bag on pack
- Foam sleeping pad (closed cell or Therma-rest type)

CLOTHES

Layer A - Hiking Clothes

- Hiking boots, well broken in
- Light weight sneakers or tennis shoes
- 3 pairs heavy socks (wool or wool blend)
- 3 pairs of lighter inner socks (polypro)
- 3 changes of underwear
- 2 hiking shorts
- 2 short sleeve shirts (not nylon)
- 1 hat or cap - flexible with brim

Layer B (Cool evening)

- 1 long sleeve shirt
- 1 long pants (not heavy jeans)
- 1 pair insulated underwear (polypro)

Layer C (Cold)

- 1 sweater or jacket (wool or polar fleece)
- 1 stocking cap
- 1 glove liners or mittens (wool or polypro)

Layer D (cold, wet, windy)

- 1 sturdy rain suit -

EATING

- Deep bowl (small, plastic)
- Cup (measuring type)
- Spoon
- 3 or 4 one quart water bottles

PERSONAL & MISCELLANEOUS

- Small pocketknife
- Matches or lighter
- Flashlight, small with extra batteries
- Philmont or Double H map
- Compass, liquid filled
- 2 bandannas or handkerchiefs
- Money, \$10-20 in small bills
- Lip balm (SPF 25)
- Soap, biodegradable
- Toothbrush/toothpaste
- Small camp towel
- Tampons/sanitary napkins (ladies only)
- Sunglasses
- Ditty Bag

OPTIONAL

- Camera & film or digital camera with extra batteries and memory cards
- Whistle
- Watch, inexpensive
- Fishing equipment/licenses
- Postcards, pre-stamped
- Rubber bands, large for packing
- Foot powder
- Note pad and pen
- Daypack for side hikes

OTHER PERSONAL ITEMS REQUIRED

- 10 Tent pegs
- 1 flexible plastic container, 3 or 4 quarts (*note: this is different from Guidebook!*)
- Duct tape
- 1 plastic ground cloth for each tent (one for 2 persons)
- 50 feet of 1/8" nylon cord
- Sunscreen (at least 25 SPF) and Shampoo
- Insect repellent (not aerosol)

OTHER ITEMS FOR SERIOUS CONSIDERATION

- Moleskin
- Fanny pack
- Instant hand sanitizer
- Minor first aid items
- Trekking poles

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED. DO NOT BRING DEODORANT

Tom and Al's Philmont Personal Gear Packing List

PACKING DETAILS AND TIPS

PACKING

Pack with padded hip straps -

Most modern packs have padded hip and shoulder straps. They do make a difference. Think twice about using one without the padded hip straps. The choice of an internal or external frame pack is a personal one. Both are popular and at Philmont, you will see both types. Personally, I prefer the external type because:

1. Cheaper as a general rule than internal models.
2. More flexible in carrying large or odd shaped items than the internal frame packs.

Brand names like Camp Trails, Kelty & Jansport make models that are great for scouts. Just like good boots, they can last for years if you take good care of them. Expect to pay roughly \$60 to \$120 for a good external frame pack and about double that for an internal frame model.

Nearly all backpacks come in different sized frames like small, medium or large frame to fit different body sizes. A good outdoor store like Ramsey, REI or Campmor can be a big help with your selection.

Look for features like water bottle holders and durable zippers. Don't buy the largest pack available. Philmont currently recommends an external frame pack of approximately 4,000 cubic inches in volume. For internal frame packs they recommend approximately 4,800 cubic inches in volume. All of these numbers are relative for average sized people. Use common sense in your selection. Choose the internal or external model that fits you best with the recommended volume. One caution, don't buy a pack that is too small. Everyone must carry not only his or her personal gear but crew gear as well. The volume of crew gear can easily equal or be greater than your personal items

If you don't want to invest in a new pack, consider renting one at Philmont. However, if you rent, you will still need a pack (not necessarily as large as noted) for your shakedown hikes.

Pack cover - waterproof nylon or large plastic bags -

Several brands of nylon covers are available. They are nice and handy and what we recommend. However, a large plastic bag will keep things just as dry but be sure to take a spare(s) since they rip easily.

6-12 gallon size Zip Lock plastic bags to pack clothes -

Zip lock bags of different sizes are great for your clothes and other items. The one-gallon size works well for most items and is easily available. Although sometimes harder to find, look for some 2-gallon size for holding clothes or small plastic garbage bags. Everything in your pack goes in some sort of plastic bag to keep things dry and well organized.

SLEEPING

Sleeping bag in waterproof bag lined with plastic bag

Buy a good waterproof nylon stuff sack larger than what is needed just for your sleeping bag. Line the nylon bag with a plastic bag. Stuff the sleeping bag in and add your sleeping clothes, long underwear and any other cool weather items you may have. They will stay good and dry this way and it helps free up space in your pack for other stuff. For anyone using an internal pack, your sleeping bag goes in its own compartment. Place a plastic bag in the compartment before you stuff your bag in and place your sleeping bag inside as added insurance against water.

Sleeping clothes only to be worn in the sleeping bag (T-shirt and gym shorts)

No special rules here but I advise you to stay away from 100% cotton. A pair of gym shorts and a 50/50 t-shirt work great. I would not recommend wearing underwear since most day clothes get hung at night and you need to be out of your tent to hang them. While out on the trail, the only time you wear these clothes is to sleep in. I put mine in the bottom of my sleeping bag so they are always in the same place at night. Never wear trail clothes to bed. They contain food odors (could attract bears) and you will sleep much more comfortable and warm in dry clothes.

Straps to hold sleeping bag on pack -

There are straps and there are straps. In my opinion, the absolute best are called European Arno Straps. Look for them at Ramsey and Campmor. Expect to spend \$3 to \$4.50 depending on what length you buy. **IMPORTANT:** Buy longer straps than you think you need and cut them back later if you want. Don't expect the all nylon types of cinch to hold up under strain. Also consider buying two pairs, one for your sleeping bag and pad and the other for securing your tent to your backpack.

Foam sleeping pad (closed cell or Therma-rest type)-

There are all sorts of sleeping pads available for a wide range of prices. You will definitely need some sort of pad so let's focus on the basics. First choose a $\frac{3}{4}$ length or full-length pad. The $\frac{3}{4}$ length weighs less but there will be no padding or insulation for feet or lower legs. A full-length mattress does provide padding and insulation for the whole body. It also provides protection against any moisture that may collect in your tent from breathing or leaks. Then look at closed cell foam and self inflating (Therma-rest) types of mattress. The self-inflating types are heavier and more expensive in general but usually offer more comfort. I prefer the self-inflating type of pad but boys may be happy with a closed cell foam type, which weigh a lot less. Each person's size and weight makes the difference.

CLOTHES

NOTES ON CLOTHING ITEMS

There are three simple rules to follow when selecting clothes for backpacking.

- 1. Less is better.*
- 2. Cotton is bad! Wool and synthetics are good.*
- 3. Dress in layers to adjust to local conditions.*

One thing you find out quickly is that taking too many clothes is a big mistake. All that weight and bulk will wear you down quickly. Plan on wearing the same clothes a couple of days in a row and washing things as needed. Pick your clothing so that it can be used in layers to adjust for cooler weather. Also keep an eye on the bulk of each item and its weight to keep everything to a minimum.

Cotton does not insulate when wet! Wool and synthetics will insulate when wet. You may not be comfortable but you can stay warm which is very important in the mountains. Virtually every item you will take should be made of wool or synthetic materials.

Here is the list of recommended items from the 2008 "Guidebook To Adventure". Everyone will receive a current 'Guidebook To Adventure' in the March time frame. There may be slight differences but the list does not change much over time. I have found this list



be very good. Later when you begin to pack these items, EVERYTHING should be packed in plastic bags to keep items dry and easier to manage. Place your name on everything.

Layer A - Hiking Clothes

Hiking boots, well broken in -

A good pair of boots is probably the single most important choice to make when preparing for Philmont. There are lots of quality brands available in a wide range of prices. Choose a brand that has a sturdy sole with all leather or combined leather & rugged nylon uppers. Most brands rate their boots as light, medium or heavy duty. Medium or heavy-duty boots with high tops will work best for most people. Buy your boots in January or February (if a youth in a "growth spurt," you may want to wait until March) and start wearing them as much as possible. Expect to pay someplace between \$80 and \$150 for quality boots. Take frequent short hikes to break them in. Don't forget to waterproof them with a product that the manufacturer recommends. Buy Boots and socks that will fit your foot. IMPORTANT - buy your boots from an outfitter like Ramsey, REI or Campmor where the staff knows how to properly fit you.

Light weight sneakers or tennis shoes -

You are probably saying why do I need these? They are recommended to wear around camp when not hiking. Your feet will appreciate it. Don't take Tivas or open toed sandals. Some of the activities such as rock climbing, pole climbing and horse back riding require you have shoes or boots and will not permit Tivas or other types of sandals. The Crocks brand of light weight shoes are increasingly popular for Philmont hikers but be aware they are forbidden by the rafting outfitter. At the end of the day, what ever is lightweight and works for you should do just fine.

3 pairs heavy socks (wool or wool blend) -

Keeping your feet healthy and dry is key to enjoying yourself. The hikes can be tough on feet. The socks get sweaty or wet from rain and it is always good to have a dry pair handy for those days. Your socks should have a high percentage of wool. I have some of the synthetic/wool blends that do very nicely. The choice of 100% wool or a synthetic/wool blend is very much a personal choice. If you buy the blended socks, get synthetic/wool blends where wool is 40% or more. DON'T BUY ANYTHING WITH COTTON IN THEM! Wigwam and Thorlo are two of several good brands to look for. It is important to keep in mind that the boots and socks you choose must fit well together. If you buy boots that need a heavier sock and then use a lighter sock with them, your foot will move too much and cause blisters. Just as well, if you choose a boot with less room in them and then buy thick socks, your foot will become cramped and uncomfortable. I advise buying socks and boots at the same time. Use the new socks to evaluate the fit of your boot.

3 pairs of lighter inner socks (polypro) -

This is an important item. The sock liners act as a friction barrier between the outer sock and your feet. They also keep the itch away that wool can cause some people. However, the most important thing is they act as a wick to carry the moisture from your feet into the outer sock. This helps keep your feet dryer. Make sure your foot fits comfortably in the hiking socks with the sock liners on. Then everything should be comfortable in your boots. Again, Wigwam and Thorlo are two of several good brands to look for. Be sure to wear these as well with heavy socks when trying on boots for proper fit.

3 changes of underwear -

Try to avoid 100% cotton. 50/50 blends containing cotton are better. Two pairs are enough. Now here is a tip I cannot recommend for everyone but it works for me. My hiking shorts have a net mesh lining similar to what you find in a bathing suit. I don't pack underwear because of the lining. This saves a little weight and bulk. Sweat and rain also dry faster.

2 hiking shorts -

Buy synthetic shorts only. Mine are nylon. They are light and dry very quickly. Material similar to what is used in bathing suits works real well. See the tip below in long pants to save weight.

2 short sleeve shirts (not nylon) -

T-shirts are the best choice here. This is one area where it is difficult to find something without cotton in it. Take only 50/50 blend t-shirts if you have them. An excellent alternative is something made of Cool Max material or other similar brand name. I have used these for several years and I'm very impressed in how the material can be both warm and cool. It also dried sweat or rain very quickly which was a big plus. Please don't pack any fish net types of shirts. You will need something to protect you from the sun as well as provide comfort when wearing a pack.

1 hat or cap - flexible with brim -

Baseball style caps are a good choice as well as a wide brimmed style cap. I have used both types but have to admit the wide brimmed type keeps the sun off your face, ears and neck better. Choose one made from nylon or other synthetic. Stay away from cotton if you can.

Layer B (Cool evening)

1 long sleeve shirt -

Look for something warm for those days were a t-shirt is not enough but a jacket is too much. Again, avoid cotton materials. Synthetic and/or wool blends are best. Remember, no cotton.

1 long pants (not heavy jeans) -

Use the same thoughts as for shorts. NO BLUE JEANS! They have cotton in them and they are far too heavy and bulky for backpacking. If you have extra money to burn, buy a pair of the lightweight synthetic material hiking pants where the legs zip off to become shorts in warm weather and zip back on for cool weather. This way you can cut out one pair of shorts. Some brands are lined with netting so underwear can be eliminated as well. The new BSA Switchback pants are an excellent choice.

1 pair insulated underwear (polypro) -

This was an optional item at one time that I am pleased to see added to the recommended items. Did you know that under the right conditions, it will snow on the mountains at Philmont in July? Even if you only wear them to bed at night for warmth, you will appreciate having them with you.

Check the label before you buy to be sure it does not contain cotton. When you shop for this item, it is not necessary to buy the heavy-duty expedition weight stuff. Look for the lightweight synthetic products like Duofold, Cool Max or even silk. Check to be sure it is not bulky or heavy.

Layer C (Cold)

1 sweater or jacket (wool or polar fleece) -

A wool sweater is hard to beat in my opinion. I used a hooded sweatshirt in the past and it was great. Another good choice is the fleece style jackets. I find these very warm and comfortable but the wool sweater packs much smaller with nearly the same warmth. I might also add that the camp store sells an outstanding 100% wool sweater that is ideal for this trip and makes a useful souvenir when you return home. Don't get fooled like I did when helping my son pack his hooded sweatshirt for Philmont. We both assumed it was synthetic. When we went through our pre hike shakedown we discovered it was 100% cotton. It had to be left behind and a sweater purchased at the camp store. It was poor planning on our part. You should also plan on wearing your rain jacket as a waterproof and wind proof outer layer for extra protection.

1 stocking cap -

You will appreciate this item on cold mornings. Also, sleeping in a light stocking cap can help keep you warm at night. Much of your body heat comes from your head so if you can insulate that it will help the rest of you keep warm. I use one made from the same material my long underwear is made from which is a CoolMax. It works for me. Something you already have will probably do just fine.

1 glove liners or mittens (wool or polypro)-

If you have glove liners made from lightweight material then fine. Otherwise plan on wearing a dry pair of wool socks over your hands when it gets cold. That way you get multiple uses from one item saving weight and space.

Layer D (cold, wet, windy)

1 sturdy rain suit -

Here is an item that is sure to provoke discussion. What about a poncho? You would think a poncho should be the right choice? The answer is no. Here is what goes on at Philmont unlike a summer camp situation where I prefer a poncho. When it decides to rain in the mountains, in a matter of 20 minutes, the temperature will drop 40 degrees. Now I don't know about you but I would rather be in a rain suit that is hot and sweaty than a poncho that is wet and exposed to the cold any day. The rain suit provides just enough insulation to make life a little less miserable during those temperature drops as well as protection from the wind. A rain suit also provides a great second layer of clothing on a cold or windy day to help keep you warm. I might also add that our council and Philmont have a policy of no ponchos at Philmont. Having seen the weather that can be expected at Philmont, I have to agree with them.

When you look for a rain suit, there are lots of prices and materials. They run everywhere from vinyl to rubber and all sorts in between. **DON'T BUY A VINYL OR HEAVY RUBBER RAIN SUIT.** Vinyl suits will be in shreds the first time it is used and rubber is much too bulky and heavy. At a minimum, buy a coated nylon suit that packs easily and is lightweight. You can go all out for a Gortex suit if you have the \$s but it is not necessary. Be cautious of water resistant suits. They are usually only silicone treated nylon that can become wet very quickly after a little use. Look for labels that say waterproof. Consult with a knowledgeable sales person at a place like Ramsey, REI or Campmor for a good choice in your price range. I've also noted that Wal-Mart and some warehouse clubs recently started to stock less expensive but well made rain suits.

FINAL NOTES ON CLOTHING ITEMS:

The camp store at Philmont (Tooth of Time Traders) is exceptional and can be used to replace any missing items you may have forgotten. A hiker could almost outfit himself by buying everything at the store. Unfortunately, your size might not be available. Don't do like I did and have to spend money twice because I did not check the material something was made of before I left home. It is inconvenient and expensive.

A ranger will be assigned to each crew at Philmont. He/she (yes, women work there) will conduct a complete shakedown of every person's gear to weed out unnecessary items and

look for clothes that are not suitable for this type of hiking adventure. If they spot something not safe, you may be asked to go to the store and purchase what ever it is you will need. It is a sure way to spend money on unplanned items rather than the souvenirs you wanted to buy later. Spend your money wisely the first time at home before you travel.

EATING

Deep bowl (small, plastic) -

Nothing fancy here. Don't bring a metal bowl. Bring a plastic or lexan type. Look for one that is shallow rather than deep. You will understand when we teach you how to clean your personal items in the backcountry. I use an old margarine bowl made of heavy plastic or a lexan bowl. Either is perfect and no great loss if damaged or lost. It weighs almost nothing and you can hold hot foods in it without burning your hands.

Cup (measuring type) -

The plastic type that comes with the typical Boy Scout mess kits is fine. They have measurements molded into the sides, which is handy. I use a lexan cup and I've seen all sorts of other types. The Sierra cups (metal) are durable but heavy compared to plastic or lexan and they are very hot to hold and drink from. Choose what ever works for you.

Spoon -

Buy yourself a lexan spoon. These are better than metal. You will understand why when you learn how Philmont manages cleanup after eating. Second best is some form of metal spoon. Again, nothing fancy. See if Mom has something in the kitchen you can take but won't be missed if lost. Note that there is absolutely no need for a fork or a knife!

3 or 4 one quart Water Bottles -

It is hard to beat the standard plastic or lexan Nalgene wide mouth 1 quart bottle. They are light, strong and easy to fill. I've seen some folks use heavy duty soda bottles without any problems. Other hikers like to use a combination of water bottles and hydration systems (my preference). Also check out Wal-Mart or some of the warehouse clubs for lexan water bottle similar to the Nalgene design but far less expensive to buy. I also prefer containers I can see through making it easy to detect dirt. Other than that, if you have something else you like to use, go for it. Some containers just don't work out well because they leak or are the wrong size. You will figure out what works well after a couple of shakedown hikes. Drought conditions make it difficult to obtain water in some areas of the ranch and the extra quart makes it less likely you will run out of water.

PERSONAL & MISCELLANEOUS

Small pocket knife -

About the only thing you will ever need to cut is when opening food bags and maybe a bit of nylon cord. Leave the big pocket knife or Leatherman at home. Get a real small penknife to take. I use a small Swiss Army knife with one blade and scissors. Plan on packing this in your backpack when shipping it and don't put it in your pocket while traveling to avoid airport security issues.

Matches or lighter -

Leave the matches at home. The cheapest pocket lighter you can buy is the best. They light when wet and can be used many times unlike matches. Three or four for the entire crew is plenty. CAUTION - Check the TSA website at www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm for the latest rules regarding the transportation of lighters and other items on airplanes. If necessary, lighters can be purchased during your tour or at the camp store.

Flashlight, small with extra batteries -

Consider one of the newer types of LED flashlights or headlights. New models can put out as much light as traditional flashlights and the batteries last for a very long time as well as being lighter in weight. If you consider a traditional flashlight, don't take anything bigger than a Mini-Mag AA battery light. You just won't need anything bigger. Don't forget extra batteries.

Philmont or Double H (overall) Map -

While the *Guidebook* suggests each person should have an overall map, and that the crew should provide the more detailed Section maps, individual overall maps are not necessary. The copy the Crew Leader uses for his Logistics briefing is the only overall map the crew should carry in addition to two sets of the Sectional Maps.

Compass, liquid filled -

Any inexpensive Boy Scout type will do that has the clear plastic base for serious map and compass type of work. Not everyone needs one so don't rush out and buy one if we already have 3 or 4 in the crew. GPS units are increasingly popular but not necessary at Philmont. If your trek goes into the Valle Vidal, there are no set trails and some crews may find a GPS valuable but not necessary. If you have a GPS to take, then please take the time to learn to use it properly. People can and do get lost because they don't use the device properly.

2 bandannas or handkerchiefs-

Buy the large bandanas. Don't leave these at home. Bandannas are great when backpacking. I use them for sweat bands, a temporary hat, a towel and lots of other things. These are almost always cotton but since you don't wear these as clothes, don't worry about it.

Money, \$10-20 in small bills -

There are not many places to spend your money or things to spend it on while on the trail. When you do spend, have small bills and some change handy. A cold root beer after several days on the trail is mighty good! You may also need it for those rare activities where a small fee is needed for extra shots at rifle or shotgun shooting programs. Adults should budget for buying cooking fuel during the trek.

Lip Balm -

Pick one with SPF 25 sunscreen in it.

Soap, biodegradable -

Several good brands are available. You will use this for everything, laundry, showers and dishes. Leave the shampoo at home because it contains perfume that can attract bears. Use your trail soap. Consider sharing a small bottle to share with your tent buddy to cut down on pack weight. A brand called "Camp Suds" is currently the preferred product at Philmont.

Toothbrush/toothpaste -

Choose a small brush with cover and travel size toothpaste to take on the trail.

Small towel -

Take a small hand towel. Leave the big bath towels at home. There are several brands of backpacking towels on the market that are light and durable. If you want to save some money on this item, consider buying one of those inexpensive car chamois, the micro-fiber type, made from a cloth like material.

Tampons/sanitary napkins -

Personal item for ladies only.

Sun glasses -

Take something inexpensive that if lost or damaged is no big deal.

Ditty Bag-

Take a lightweight nylon stuff sack for your personal items to be placed in the bear bags at night. This should not be your sleeping bag stuff sack but something like it. In a pinch, a medium sized plastic bag will do just fine.

OPTIONAL

Camera & film or digital camera with extra batteries and memory cards -

Don't forget these. If you don't have a camera, buy several of the single use types with flash to take. They are light and do a good job. Any other small camera will be fine. As an alternative, share the cost of film and developing with your tent buddy and use one camera for both of you. Another tip for you is to take a couple of film mailers with you with a check and postage for each. As you pass through staffed camps, place your film in the mailer and drop it in the mailbox to reduce your pack weight along the way. Make sure you have an extra battery for your camera, regardless of type. Most are impossible to obtain in the backcountry. Digital camera users will want extra batteries and memory cards before getting on the trail. Be aware that there is no place to charge your digital camera batteries while on the trail.

Whistle -

Not a big item in my book but the crew should have one or two in the group.

Watch, inexpensive -

No explanation needed. One with an alarm function is very handy.

Fishing equipment/licenses -

Licenses can only be purchased at Philmont. Consider taking fishing equipment only if fishing is part of your itinerary. Taking your own equipment is not really necessary since equipment will be provided upon request at camps where fly-fishing is taught. Licenses can be purchased at base camp or staff camps located near fishing areas (not cheap for adults).

Postcards, pre-stamped -

I suggest you send any postcards from base camp before we go on the trail or when you return. You don't want to carry these all over the place. Should you choose to take postcards on the trail, they can be dropped at any staffed camp to be mailed. Make sure they have the correct postage. Be aware that they may not see a post office for several weeks.

Rubber bands -

Handy for everything. I take one or two large ones.

Foot Powder -

Take a small container to help keep your feet happy. Share this with your tent buddy to save weight.

Note pad and pen -

Please take the time to write a short diary of your trip. You will never regret it later in life. Look for a small pocket sized notepad to take.

Daypack for side hikes-

Here is an item you can leave at home unless you have something super light and compact. If your trek will have several side hikes, seriously consider taking one.

OTHER PERSONAL ITEMS REQUIRED**10 Tent Pegs**

The soil at Philmont and Double H loves to bend inexpensive flimsy metal tent pegs. They will work but require a degree of care shoving them into the soil. The best choice should be medium weight aluminum (1/4 inch diameter) and definitely NOT PLASTIC! The plastic pegs are tough and a bit bulky. More importantly, they are nearly impossible to push into the hard soil of Philmont. Sturdy aluminum pegs work best.

1 flexible plastic container, 3 or 4 quarts -

The crew may need to carry water between camps or gather water for dinner and clean-up. Each person should have a container that holds 3 to 4 quarts of water. The *Guidebook* lists 2 or 3 2-gallon containers for the crew, but larger containers are a real burden to carry when hauled over a long distance. Smaller containers distributed through the crew make transporting them much easier. Remember that some itineraries have a dry camp along the trail meaning you will need to transport considerable water from time to time. One quart of water weighs 2 pounds.

Duct Tape-

Take a length of 6 to 8' for those minor repairs, as a substitute for moleskin or what ever needs fixed or sealed. Great stuff! I never go on the trail without some.

TIP! Wind the tape around a water bottle or fuel bottle. That makes it easy to find and takes up no extra space in your pack.

1 plastic ground cloth for each tent (one for 2 persons) -

Go to your local dollar store and buy a plastic tablecloth like you would use at a picnic. They work great, they are inexpensive and you throw them away at the end of the trek. Share the inexpensive cost with your tent buddy.

50' of 1/8 inch nylon rope -

This can be used for everything from clotheslines to emergency bootlaces. One length of rope for two tent buddies is plenty.

Sunscreen (at least 25 SPF) and Shampoo -

Sunscreen is an item you can easily share with a tent buddy to cut down on pack weight. Take something small and preferably unscented.

Insect repellent -

Most areas of Philmont or Double H under normal conditions do not require insect repellent. However, if there is a lot of rain, you will want something for the bugs. Take small travel sizes that can be shared with your tent buddy or take one container for the whole crew.

OTHER ITEMS FOR SERIOUS CONSIDERATION

Moleskin -

This is valuable stuff for your feet. Take a couple of packages with you. Use care when buying mole foam. It offers more padding but I've found it to be less sticky than moleskin. If you take Duct Tap as shown above, leave the moleskin at home and use the duct tape instead. It works great.

Fanny Pack-

Wearing a small light weight fanny pack in front of your pack hip belt is a great place for keeping your camera, snack or other items handy.

Instant hand sanitizer -

Bring a one or two ounce bottle of hand sanitizer. You won't always have a place to wash your hands before handling food items. The hand sanitizer helps prevent the spreading of germs. Share with your tent buddy to cut down on weight.

Minor First Aid items -

Pack a few Band-Aids or other minor items for your personal use. I like to take a few aspirin or Advil for minor aches and pains. Place the items in a small zip lock bag. You be the judge of what to take. Don't forget any prescription medications you may need.

Trekking poles -

Hauling a pack all day can be really rough on the body. Trekking poles help ease the load on your legs by placing a little load on your arms and increase your stability. I highly recommend them for adult hikers. I won't backpack without them!

Quality trekking poles are manufactured by several companies. Only consider collapsible models that are made in two or three sections. Either type will work well. However, a three section pole easily fits along or inside your pack for shipping to New Mexico. The two section poles may be harder to pack depending on the model.

Now weigh your pack with the items above and the clothes you plan on taking I recommended before. It should be about 25 pounds. If it is less, you have done a great job. If it weighs much more you need to reconsider the items you have chosen.

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED. DO NOT BRING DEODORANT