

Troop 157 Mountain Biking Gear List

Personal gear for a weekend mountain-biking trip with the troop. Assumes patrol gear is provided. * Optional item

Clothing

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| _____ Bandana or Handkerchief * | _____ Shirt (Heavy) * |
| _____ Gloves (Liner) | _____ Shirt (Long Sleeve) - 2-3, can be used to layer when cold. |
| _____ Hat (Brim) | _____ Shirt (Short Sleeve, Wicking) - 2-3 * |
| _____ Hat (Knit) * | _____ Shoes (lightweight) |
| _____ Hiking Boots - Waterproof | _____ Sleeping Clothes - Consider temperature and quality of sleeping bag. Should only be worn in sleeping bag. A bag liner can help. |
| _____ Hiking Pants (Long) - Zipper pants work well. | _____ Socks (Heavy) - 2-3 pair, more if wet or snowy. |
| _____ Hiking Pants (Shorts) * | _____ Socks (Liner) - Needed if using wool heavy socks. * |
| _____ Long Underwear (Mid Weight) - Polypro, not cotton. * | _____ Underwear |
| _____ Rain Gear - Breathable. Can also serve as an extra layer. | |
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Gear

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| _____ Backpack - To hold gear. Duffel bags work if parked near camp. | _____ Head Lamp * |
| _____ Bicycle | _____ Hiking Poles * |
| _____ Bicycle Helmet | _____ Insect Repellent |
| _____ Bicycle Repair Kit (Small) - Basic wrenches, screwdrivers, and tube repair items. | _____ Jacket/Fleece |
| _____ Binoculars * | _____ Knife - Small pocket knife if you have the "totin chip" * |
| _____ Books * | _____ Lighter / Water Proof Matches * |
| _____ Camera * | _____ Maps * |
| _____ Camera Tripod - Small (6") * | _____ Mess Kit / Plastic plate & Bowl |
| _____ Compass | _____ Notebook & Pen/Pencil - May be required for certain activities. * |
| _____ Compression Sacks - For sleeping bag and clothing. * | _____ Scout Book |
| _____ Cup | _____ Sleeping Bag - Make sure bag is rated below expected temperature. |
| _____ Day Pack - Depending on planned activities. * | _____ Sleeping Pad |
| _____ Eating Utensils | _____ Soap - Biodegradable. A scout is clean. Also in Patrol box. * |
| _____ Flashlight - With extra bulb & batteries. | _____ Stuff Sacks - Keep your gear organized. * |
| _____ Garbage Bags - 1 or 2, Good for storing wet gear. * | _____ Water Bottle - 1 or 2 Nalgene™ |
| _____ Hand Sanitizer * | _____ Whistle - For emergency use only. |
| | _____ Zip Lock™ Bags - Good for keeping things organized and dry. * |
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Personal Items

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| _____ First Aid Kit (Small) | _____ Sunscreen |
| _____ Hand warmer (chemical) - 2-4 packets handy. * | _____ Toilet Kit |
| _____ Prescription Medications * | _____ Towel (Small) - A scout is clean. |
| | _____ Watch - Waterproof * |

Do NOT Bring: Electronic devices, Battery operated games, CD players, etc. Sandals, Unnecessary Jewelry, pets.