

# High Knoll Personal Gear List 2026

## Prohibited

- Alcohol, Smoking or Vaping Materials, Firearms, bows, Knives with a blade longer than 3"

## Eating Gear

- Large Sierra Cup or Bowl for eating. No Big gulp cups.
- Lexan Spoon or Spork.
- Water Bottle/Camelback to carry two Quarts of drinking water. Either one bottle & one drinking system or two bottles.
- pair of hot tongs (asking about this one, tbd)
- tarp for cooking area (asking about this one, tbd)

## Carry Items

- Sleeping Bag/Quilt in a waterproof sack/heavy plastic
  - lightest, smallest sleeping bag (40 degree) you own or lightweight blanket. Pillow (if you want, must be able to pack up small)
- Ground pad
  - closed cell or self inflating & buy ONLY outfitter quality, cheap ones leak.
- Pack Towel (Sham Wow, cut to about 16" x24")
- 2 oz. Camp suds/Dr. Bronner's
- Travel size toothpaste & toothbrush
- Comb or brush
- Partial roll of TP in Freezer bag
- Deodorant is discouraged
- Pack Cover or waterproof bags (freezer bags are great) inside the pack.
- Personal First Aid kit. - bandaids, small medicated powder, moleskin, Duct Tape.
- Small Pocket Knife.
- Bug repellent, DEET, NO SPRAY CANS.
- Sunscreen if you feel the need. We will be in the shade 90% of the time.
- Any over the counter meds the Scout is permitted by the parents to take on their own.
- RX meds, EXCEPT Epi Pens & Inhalers are carried by the Adults. These must be in Original packaging with written instructions.
- Flashlight with new batteries,
- Compass if you have one. Each tent group should have one.
- Plastic Whistle is an absolute.

# Clothing

**No Cotton except as noted.** Most Items are Polyester, Nylon or Wool. Silk & Polypropylene are also OK

## Wear

- Underwear
- Socks (synthetic or wool. No cotton)
- Shorts
- Belt
- Crew Shirt
- Waterproof watch
- Sunglasses (optional)
- Well broken-in boots with new laces
  - Hiking boots are the most crucial piece of gear that you will need for the week. Proper boot selection and fitting is one of the most important skills that hikers develop as they gain experience.

## Carry

- Extra socks (2 pair - synthetic or wool. Not cotton)
- Lightweight liner socks (optional, suggested as 5 pair in the Leader Guide)
- Underwear
- Crew Shirt
- Lightweight long sleeve shirt
- Fleece or wool jacket
- Sleeping clothes (these can be cotton or cotton blends)
- Zip-off pants or lightweight long pants
  - required for horseback riding, mountain boarding, and logging daze
- Rain Jacket or poncho. It will rain at High Knoll.
- Light shoes to wear around camp
  - Sandals (closed toe preferred) or Tennis Shoes
- Bandana
- Hat with a brim / baseball hat (if desired)
- BACKPACK- 50L-60L.
  - Professional fitting recommended (Appalachian Outfitter or REI are good stores to provide professional fitting). **Your target pack weight without water or crew gear is 16 lbs.** Max allowed is 20 lbs

## Extra Clothing

- Complete change left in the car for the trip home.
  - We travel in Field Uniforms, but leave them in the cars.

Please leave your phone in the cars turned off & out of sight. The battery will run out anyway

We supply crew gear including tents. Personal tents are permitted, but the leaders must approve them in advance.

Tentmates must be within the 2 year age rule. Scouts cannot tent with an adult except a parent. Scouts are discouraged from tenting with a parent.

These tents are used for High Adventure only. Please return them clean & complete.

**NO FOOD IN TENTS EVER, THIS MEANS YOU!**

## Directly from the leader guide:

Additional information here.

### EQUIPMENT RECOMMENDATIONS

A Scout's pack should weigh 25% of ideal body weight. Proper fit and placement of backpacks is crucial for an enjoyable experience. This should be done by a licensed outfitter to properly fit packs to the individual's body.

Per crew: two backpacking stoves and fuel, water purification filters/pumps or tablets, spices for cooking, snacks, backpacking tents or tarp (hammocks must be tree-friendly), waterproof matches, bear bag and 75 ft. of 1/8 inch nylon rope, crew first aid kit, insect repellent, sunscreen, biodegradable liquid soap, spare rope/cordage, sewing kit & equipment repair kit, trowel for cat holes

Crew first aid kit: one 2-inch roller bandage, two 3-inch roller bandages, two rolls of 1-inch adhesive tape, scissors, tweezers, safety pins, water purification tablets, one box of assorted adhesive bandages, matches, twelve 3 x 3 inch sterile pads, moleskin, antacid tablets, pain reliever (aspirin, etc.), biohazard bag, gatorade, twenty four alcohol swabs, rash/poison ivy remedy, sunscreen, paper and pencil, mouth barrier device, antibiotic ointment, petroleum jelly, two pairs of latex or nitrile gloves, four triangular bandages (40")

Personal items: sleeping bag in waterproof sack/heavy plastic, sleeping pad (closed cell or waterproof), waterproof ground cloth, waterproof pack cover, small towel and washcloth, roll of toilet paper in Ziploc bag, toothbrush and toothpaste, personal first aid kit, pocketknife, small flashlight with extra battery and bulb, waterproof watch, compass, whistle

Clothing: one pair of shorts, two t-shirts, fleece or wool jacket/vest, belt, pair of long pants (required for horseback riding, mountain boarding, and logging daze), two pairs of underwear, two pairs of boot socks, five pairs of lightweight liner socks, one pair of well broken-in boots with new laces, one pair of light shoes to wear around camp, swimsuit, one pair of water shoes for rafting, hat with brim, rain jacket or poncho, Field uniform (optional for Friday night campfire)

Hiking boots are the most crucial piece of gear that you will need for the week. Proper boot selection and fitting is one of the most important skills that hikers develop as they gain experience.

Eating utensils: plastic bag or large cup, drinking cup, spoon, 1-quart water bottles/hydration system like a platypus, pair of hot tongs, tarp for cooking area

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Provided by camp: soap & sanitizing tablets for dishwashing, serving spoon, scrub pad, trail food

Found in staffed outposts: pots for cooking/boiling water, garbage bags, pans for dishwashing, bow saw

Evening temperatures on the Reservation are erratic, dropping as low as 40° on some nights. We recommend that you bring a summer weight bag with a sheet, fleece, or synthetic sleeping bag liner, and a closed foam sleeping pad. If you use an inflatable pad, please bring a repair patch and sealer in your crew's repair kit as holes are always possible.

Your unit should bring at least two backpacking stoves. We recommend that you use either white gas or kerosene stoves to avoid carrying fuel cartridges because the cartridges can't be refilled, and are typically heavier because you have to carry more of them. Backpacking stoves are to be used only under adult supervision, and never in tents. All fuel must be carried in designed fuel bottles, easily distinguishable from water bottles. Practice using your stoves and repairing them before arriving at camp.

There are no structures for your crew to camp in on the trail. You will need to bring your own trail shelters, both tents and a cooking tarp. Scouting National Camp standards specify that all tents used in camp must be marked "No Flames in Tents." Please either stencil this message onto your tents or attach a tag with this message. Hammocks must be supported by wide webbing or padding to prevent damage to our trees.