



MONTANA COUNCIL, B.S.A

presents

2010 BSA Ultralight Backpacking High Adventure Treks

Welcome Packet

Cost: \$399.99

How to Register Online

If you have not already registered for this course, please do so at:
<http://www.backpackinglight.com/montanabsa>

Space is limited: register early.

Welcome

Get ready for an experience that will change how you think about backpacking, and will be safer, more comfortable, and more fun than what you're used to!

Here in the Northern Rocky Mountains, you will be learning amidst Montana's remotest wilderness. While you immerse yourself in a laid-back Montanan style of living like the Fur Traders, Trappers, and Native Americans of the Old West, you will receive hands-on guidance about the latest in ultralight backpacking equipment, skills and best practices. Classroom instruction will prepare you to put your newfound skills to the test while trekking in the wild with an ultralight kit.

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1. TREK OVERVIEW

This TREK is offered by MONTANA COUNCIL, B.S.A., in partnership with Backpacking Light and the Boone and Crockett Club.

This TREK provides an introduction to the latest advances in lightweight backpacking gear and techniques, including packing systems, sleep systems, cooking systems, clothing systems, shelter systems, and more, and is tailored to the dynamics of Boy Scout High Adventure Crews and the Patrol Method.

Eligibility/Prerequisites: This trek is for registered SCOUTS of the Boy Scouts of America. The minimum age is 14 by June 1 of the year of your trek, and you must be 17 years of age or younger for the entire duration of your trek. The minimum rank is First Class. Proof of BSA registration and a Class III/ABC physical are required.

This trek is suitable for all ability levels.

* No previous backpacking or outdoor experience is required, but is recommended so you have a good sense of the context of ultralight backpacking.

* You should arrive in good physical condition, such that you can carry a backpack weighing up to 20 pounds for up to 8 miles per day over 6 or 7 days on varying terrain.

* You are required to have a clean bill of health for moderate exercise in remote areas (BSA Class III/ABC Physical form required, and attached).

2. DETAILS

When: You must report to BASE CAMP at **11:00 AM on the scheduled first day**. You will be dismissed from BASE CAMP on **at approx. 11:00 AM on the scheduled final day**.

Where: You will report to one of Montana Council BSA's HIGH ADVENTURE BASE CAMPS (specific location below). The backpacking portion of the course will leave, and return, directly from the BASE CAMP.

What: A day of BASE CAMP instruction and trek prep and a 6-day/5-night backcountry trek focusing on ultralight trekking and camping skills in the context of Scouting methods and activity models.

Trek Size, Max: 10 participants + 2 crew leaders. We will split into smaller patrols during the trekking portion of this course, and camp and trek as a patrol.

Contraband: No alcohol, tobacco, illegal substances, firearms, GPS units, electronic compasses, altimeters, pedometers, communications devices (radio, cellular, or satellite), watches or other timekeeping devices, electronic gaming devices, or excessively large knives.

3. TRAVEL AND OTHER LOGISTICS

You will be signed up for one of the following TREKS:

Session: 1

Dates: June 27-July 3, 2010

Trekking Location: Continental Divide Trail Corridor, Anaconda-Pintler Wilderness

Base Camp: Camp Arcola

Nearest Major City: Butte, Montana

Session: 2

Dates: July 15-22, 2010

Trekking Location: Chinese Wall Corridor, Bob Marshall Wilderness

Base Camp: Theodore Roosevelt Memorial Ranch / Montana High Adventure Base (MOHAB)

Nearest Major City: Great Falls, MT

Travel Information:

Flying into Butte (Session 1) or Great Falls (Session 2) - and SHUTTLE SERVICE TO BASECAMP: If you are flying into the Butte Airport (BTM) for Session 1, or the Great Falls Airport (GTF) for Session 2, and you need a shuttle to the base camp, you should plan to arrive early enough to be well ahead of the

SHUTTLE PICKUP at 9:00 AM at the airport on Day 1. Because of the potential for travel delays and lost luggage, you might consider arriving the DAY BEFORE the course starts and staying in the airport city at a hotel. The shuttle will return you to the airport about 2 hours after your course is dismissed. Because travel from the BASE CAMP back to the airport takes about 2 hours, schedule your return flight time to leave the airport no earlier than 3:00 PM on the final day of your course. We also suggest using carry-on luggage only; your gear is light, right? (although, due to airport restrictions this means that you will not be able to bring your favorite knife).

Shuttle service is available from both BUTTE and GREAT FALLS to the BASE CAMP for those who are flying into, or driving (or getting rides to) those cities, but do not have their own vehicle. The shuttle will leave these airports on your first scheduled day at 9:00 AM, and return to the airport approximately at about 1:00 PM on the last scheduled day. The cost is \$52.50 per person (round trip) and is not provided as part of your trek fee. Contact Trek Director Ryan Jordan to reserve a shuttle: bsa@backpackinglight.com.

Driving to the SESSION 2 BASE CAMP from Great Falls: Going North on US-89 from Great Falls, take the first left as you enter the town of Dupuyer (Dupuyer Creek Road). Continue for eight miles until you reach a fork in the road. Take a left and travel less than a mile until you see the TRM Ranch/RWCC sign with an arrow and turn right. After you pass the TRM Ranch main entrance, stay left and drive past the upper ranch house and continue on to the Center. The drive from Great Falls to the Ranch is about 100 miles. Allow two hours for the drive if you don't want to feel rushed, as you will not be traveling along high speed, multi-lane highways!

Driving to the SESSION 1 BASE CAMP from Butte or Missoula: From Interstate 90, traveling east or west, exit I-90 at Exit 208. This is Montana Highway 1. Destinations are Anaconda and Opportunity. Travel west 4.1 miles to a Railroad Crossing; travel 0.4 miles further to the Mill Creek Road or Highway 274. There is a destination sign for Wisdom with a left arrow. Turn left (south) onto Mill Creek Road. Travel southwest 19.1 miles to the turnoff for Forest Service Road 93 or Seymour Lake Road. Turn right (west) onto the Seymour Lake Road and follow the signs towards Seymour Lake, at approximately 4 miles there will be a left hand turn off the main road. This junction will have a sign to Camp Arcola. Travel approximately 1 mile to the entrance to Camp Arcola.

What Lodging, Transportation, and Meals Does My Course Fee Include?

- First nights dinner and last day's breakfast. Bring a SACK LUNCH for the first day's lunch.
- All lodging, dinners, and breakfasts for the remainder of the trek.

What Transportation, and Meals Are Not Included in My Course Fee?

- Transportation to BASE CAMP.
 - Friday, Saturday and Sunday "trail snacks" (backcountry)
 - **Trail Food:** You will be required to bring your own personal TRAIL foods (lunch, snacks, goodies, etc) that will be consumed throughout the day on the trail. You are also responsible for your own drink mixes and hot drinks for mornings and evenings. See the GEAR LIST below for exact amounts, listed by calorie and weight.
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4. SCHEDULE

DAY 1

9:00 AM - Shuttle leaves from Airport
11:00 AM - Shuttle arrives at Base Camp / Registration and Check-In
12:00 PM - Sack Lunch, Introductions, Welcome
1:00 PM - Classes Start
5:30 PM - Dinner
6:30 PM - Classes
10:00 PM - Taps

DAY 2

6:30 AM - Reveille
7:00 AM - Breakfast
8:00 AM - Issue Group Gear, Packing
NOON - Lunch
after lunch - prepare and file itinerary, bear safety class, *and leave for the wilds!*

DAY 2 PM through DAY 6

Mountain trekking, skills instruction field classes, and practice. Wake up outside, spend the day outside, go to sleep outside.

DAY 6

late PM - Arrive back at Base Camp, clean gear, showers
6:00 PM - Dinner
7:00 PM - Debrief
9:00 PM - Fellowship & Campfire
11:00 PM - Taps

DAY 7

7:00 AM - Reveille
7:30 AM - Chapel
8:00 AM - Breakfast
9:00 AM - Pack Up, Clean Cabins, Check Out
11:00 AM - course adjourned, shuttle leaves for Airport
1:00 PM - shuttle arrives at airport

5. COURSE GOALS

By the end of this course, students will be familiar with:

- The equipment, skills, and philosophy of ultralight backpacking, including footwear, packs, shelters, sleep systems, cook systems, and water purification systems.
- Safety protocols for ultralight wilderness travel
- BSA Weather Smart and Trek Safely Training
- Teaching and demonstrating methods for ultralight skills
- Incorporating ultralight backpacking into the Patrol Method
- Ultralight backpacking's relationship to the Scout Oath, Law, and Motto

Upon successful completion of the course, students will have the experience, tools and resources to be able to effectively:

1. Engage others in conversation regarding the benefits and limitations of ultralight backpacking.
 2. Evaluate an equipment kit and make recommendations on reducing the weight of that kit.
 3. Assess the nutritional needs for Scout backpacking trips and mentor Scouts in the process of lightweight meal planning.
 4. Safely plan, implement, and lead ultralight backpacking trips with Scouts.
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6. ROLES AND RESPONSIBILITIES

Crew Leaders' role: First, crew leaders are experienced outdoor technicians responsible for the overall safety of individuals and the group in a wilderness setting. Second, crew leaders serve as teachers and facilitators of the skills being taught. Third, crew leaders help create an open, positive, fun and welcoming learning environment. Finally, crew leaders serve as an excellent informal resource on ultralight techniques, backpacking, and other topics related to wilderness travel not necessarily covered in this course. Get to know them and don't be shy about asking questions!

Scouts' role: Clearly the primary role of the Scout is to learn as much as possible within the time allotted. Closely related to this task is allowing other Scouts the opportunity to learn as much as he wishes. Please refrain from actions that might disrupt the learning process. Similarly, of paramount importance to this course is your safety, the safety of others and preservation of the natural environment. As risks are inherent throughout the course, we require that Scouts always maintain a high degree of *expedition mentality*. We define expedition mentality as *a heightened sense of awareness and respect for the inherent risks and challenges of wilderness travel, as well as proper behavior befitting of such awareness*.

Alcohol, Tobacco, and Drug Policy: Alcohol, tobacco, and drugs violate BSA policy and the Scout Oath and Law. Any participant caught partaking in such will be

expelled from the course immediately. A satellite phone may be used to arrange for an evacuation, and the Scout's parents will bear all associated evacuation expenses.

Expedition Behavior: This course is intended to be a service for the betterment of the lives of Scouts and Scouters. Scouts and Scouters come in all sorts of sizes, shapes, and shades, and with many types of abilities, preferences and limitations. Crew Leaders help create and support a positive learning environment. Please do them and your classmates a favor by refraining from sexist, racist, vulgar, and/or belittling comments, actions, jokes and gestures. The Scout Oath and Law are the governing guidelines for course behavior.

Group Dynamics: We will be using the Patrol Method as the primary method for managing expedition dynamics. Crew Leaders will not necessarily become part of the patrol (and will definitely not serve as your patrol leader!), but instead, will be the primary teachers of skills.

As such, one of the core benefits of this course will be the act of coming together as a patrol to support and help each individual accomplish what he has come to do, see and experience. While bringing different people together into a group automatically introduces a hierarchy of abilities, please remember that, rather than a limitation or a handicap, diversity is a blessing in that it presents an opportunity for us to learn more about ourselves and others. Before you start this trek, we encourage you to think about what would constitute your own ideal expedition partner (i.e. self-sacrificing service to your fellow crew members, humility, and the willingness to communicate in a way that builds upon your crew's strengths) and ask yourself what it is that you can do to show up to the course ready to be that person. More important, be ready to return to your troop with the intention to help and mentor your fellow Scouts in positive group dynamics.

7. PRE-COURSE COMMUNICATION

As a means of promoting community and excitement prior to the trek, and exchanging important information to help you adequately prepare, we are making available to course participants an email list to interact with each other and ask questions to your instructors. We encourage you to use this system to fine tune any gear or figure out travel questions prior to the official course start date.

Please send an email to school@backpackinglight.com with WS2 in the subject box, and we'll get back to you promptly with instructions about how to start interacting with your fellow coursemates.

8. ANTICIPATED WEATHER AND ENVIRONMENTAL CONSIDERATIONS – Northern Rocky Mountains

Overview. Summertime in Montana offers some of the best trekking weather possible in the mountains. Yet because we're in the mountains, weather is not always

predictable or stable. You can always expect rain and snow storms, along with chilly nights - these will keep your inclement weather skills on tap and expose our traveling team to the awesome power of alpine weather systems!

Temperatures. We will be trekking and camping at altitudes ranging from about 6,000 to 10,000+ feet. Historically, daily summer temperatures at this altitude have ranged from the 50s to the 70s (deg F) and average in the 60s. However, more severe extremes have occurred (daytime highs in the 40s, or 80s, are not uncommon). For a quick guess visit your favorite weather site and look at the weather forecast in Montana mountain towns like Dupuyer, Cooke City, West Glacier, or Red Lodge. Remember, temperature varies with altitude by about 2-3 degrees F per 1,000 feet. Treks that take place in June or July can expect cool nights that might get below freezing.

Precipitation. Generally, the Rocky Mountains don't get much rainfall, but intermittent rain and snow storms are common during the summer. Average precipitation in June is the equivalent of 1-2 inches of rain, and to under an inch in July, and includes both rain and snow. Generally, you can expect sunshine to peek out about 70% of the time.

Terrain Types. Much of the travel will be on well maintained hiking trails, but we may go off trail as well. Our travel plan will emphasize efficient route choices within the confines of safe exposure at an appropriate comfort level for all team members.

Mountain travel means you'll be moving through a variety of eco-systems at different elevations. Low elevations (less than 7,000 feet) can be open areas of sage brush. Mid - elevations (6,000 to 9,000) can be dense forests of lodgepole pine and sub-alpine fir. Higher elevations (above 8,000) feet can be open meadows of wildflowers, tundra, or areas of exposed rocks.

The trail systems sometimes have foot-bridges over streams, but not always. Expect wet stream crossings to be probable. We'll teach about stream crossings in the context of ultralight backpacking. You will get your feet, and shoes wet on this trip. You will be hiking in wet feet. You will not enjoy doing this in waterproof boots, which drain poorly and dry slowly. You will not be bringing a spare pair of camp shoes.

The winter snow-pack recedes slowly thought the season. In June and July it is normal to walk across large patches of dense snow.

Daylight. Northern latitudes of the U.S. offer long days and short nights as summer approaches. We'll have 16-18 hours of daylight!

Wildlife / Insects. Bugs and animals live in the woods and not all of them are cute and cuddly. The Northern Rocky Mountains are home to grizzly bears, black bears, wolves, and rattlesnakes. Please realize that while negative encounters with these animals are extremely rare, such encounters are still possible. Your crew leaders will provide you with the information you need to remain safe at all times, but be advised

that we will be following strict protocols for our safety. Participants may carry bear spray, and will always travel and camp in groups, in areas where grizzly bears are concentrated, and we will always hang our food and other odoriferous items at night.

Mosquitoes and other biting insects become more common at lower elevations as summer approaches and snow melts. Their intensity usually peaks in June in the lowlands, and in July at higher elevations. Be sure to bring a small amount of repellent, and a headnet. Wearing long sleeve shirts and long pants while trekking provides a good defense against both biting insects and the intense sun at high altitudes. Tick-borne diseases are rare in Montana, but we have had cases of Lyme Disease, Colorado Tick Fever, and Rocky Mountain Spotted Fever. Plan on being prepared to avoid tick bites with appropriate clothing, daily tick checks, and a DEET-based repellent applied to the skin near the openings of your clothing.

Elevation and Altitude. Altitude sickness is possible when hiking above elevations of 8,000 feet. Typical symptoms are headaches and nausea, and those symptoms usually subside after a day or two of sleeping at altitude.

9. GEAR LIST

What follows is:

1. An easy to use checklist of required gear.
2. A more detailed description of each item on the checklist (the most important part).

GEAR CHECKLIST

Personal Gear Worn - REQUIRED PERSONAL GEAR TO BE BROUGHT BY ALL PARTICIPANTS

- underwear
- trekking shirt and pants
- hat with brim
- trail running shoes
- merino wool hiking socks
- whistle

Personal Gear Carried in Pack (Max 10.0 lbs) - REQUIRED PERSONAL GEAR TO BE BROUGHT BY ALL PARTICIPANTS

- backpack
- collapsible water bottle
- ground cloth
- torso-sized sleeping pad
- mess kit

- toiletries
- LED light
- first aid kit
- pocketknife
- journal and pen
- compass
- merino wool hiking socks (extra pair)
- sleeping bag
- long underwear top and bottom
- waterproof-breathable rain jacket and pants
- insulating jacket and pants
- warm hat
- warm gloves or mittens
- insect repellent
- mosquito headnet
- cotton bandana
- sunglasses
- sunscreen

Other Personal Gear ALLOWED - OPTIONAL PERSONAL GEAR

- trekking poles
- gaiters
- BONUS: 4 ounces of any one additional item you want as long as it's not contraband.

Patrol Gear (Per Four People) - 7.2 lb total = 1.8 lb/person - GEAR PROVIDED BY MONTANA BSA/BACKPACKING LIGHT

- patrol tarp shelter, stakes, and guylines – 48 oz
- patrol cook kit – 32 oz
- patrol water treatment kit – 8 oz
- patrol first aid kit – 8 oz
- patrol firestarting kit – 4 oz
- patrol water carrier – 4 oz
- patrol bear bag hanging system – 6 oz
- patrol maps – 4 oz

Food Carried - 1.4-1.6 lb/day/person

- breakfast – 6 oz/day - **TO BE PROVIDED BY MONTANA BSA/BACKPACKING LIGHT**
 - lunch/snacks – 10-15 oz/day - **REQUIRED PERSONAL FOOD TO BE BROUGHT BY ALL PARTICIPANTS**
 - dinner – 6 oz/day - **TO BE PROVIDED BY MONTANA BSA/BACKPACKING LIGHT**
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DETAILED DESCRIPTION OF GEAR

The weights below are guidelines only. We do not expect you to come outfitted with the latest and greatest in ultralight equipment in order to participate in this course. However, we have made these recommendations so that you get the most out of this course, and are able to use the gear in a way that allows you to practice the curriculum in the field. **In addition, we have educator discount deals with key manufacturers (including GoLite and Backpacking Light), and can help you acquire any of the gear below that you need at reasonable prices.**



Guide's Gear

Some gear is denoted as "Guide's Gear" which are items that our instructors highly recommend. In many cases, especially with Backpacking Light brand gear, our instructors were involved in designing and field testing these items.

ITEMS WORN MOST OF THE TIME:

Underwear

Max: 3.0 oz. One pair of tight fitting stretch (e.g., “Spandex”) shorts are strongly recommended to minimize chafing that occurs on the inside of young hiker’s tender thighs and cheeky areas. Doubles as swimwear.

- Guide's Gear: Beartooth Merino Shorts
(http://www.backpackinglight.com/cgi-bin/backpackinglight/beartooth_merino_wool_short.html)

Trekking Shirt and Pants

Max: 16.0 oz. Material should be a very light, highly breathable nylon (e.g., “Supplex”) weave. Shirt should have long sleeves and a collar. For pants, “convertible” style is OK for converting to shorts, but not essential. These are critical items for wearing in wind, protection from biting insects, protection from poisonous plants, and protection from sun.

- Guide's Gear: Thorofare Trekking Shirt
(http://www.backpackinglight.com/cgi-bin/backpackinglight/thorofare_trekking_shirt.html)

- Guide's Gear: Thorofare Trekking Pants
(http://www.backpackinglight.com/cgi-bin/backpackinglight/thorofare_trekking_pant.html)

Hat with Brim

Max: 3.0 oz. This is one of two items you may bring that can be made out of cotton, although cotton is not required. Cotton baseball caps can be dunked in a stream and worn to keep your head cool, a blessing on a long, hot day. Cotton holds water better than synthetics and keeps you cool for longer periods of time. Baseball cap style, with or without a cotton bandana, or a full brim style, gives you sun protection around the entire perimeter of your neck and face.

- Guide's Gear: Tilley LT Hat (<http://www.tilley.com/>)

Trail Running Shoes

Max: 32.0 oz/pair NO BOOTS. NO "GORETEX" OR OTHER WATERPROOF MATERIALS. NO "SECOND" PAIRS OF SHOES, CAMP SHOES, SANDALS, CROCS, ETC. Low- or mid-high trail running shoes strongly recommended. Even "mid-top" and "high-top" so-called "lightweight hiking boots" are too heavy, absorb too much water, take too long to dry, restrict ankle motion (a **good** thing on rough trails to minimize ankle and knee injuries), and retain too much heat for long hiking days, causing blisters.

- Guide's Gear: Inov-8 RocLite 315 (<http://www.inov-8.com>)

Merino Wool Hiking Socks

Max: 2.5 oz. Socks should be made of merino wool, or a merino wool blend. 100% synthetic socks are not recommended, because they get funky and lose their loft after a few days, and they are not as comfortable with wet feet. Socks should be "above the ankle" to keep the arteries around the ankle warm on cold days and nights. Thick socks with lightweight trail running shoes are an ultralight hiker's best friend in the cool, wet conditions of May.

- Guide's Gear: Darn Tough Full Cushion Trekking Sock
(<http://www.darntough.com>)

Emergency Whistle

Max: 0.5 oz. Worn on a neck lanyard, under shirt, AT ALL TIMES.

- Guide's Gear: ACR Emergency Whistle
(http://www.backpackinglight.com/cgi-bin/backpackinglight/acr_emergency_whistle.html)
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TREKKING GEAR (49 OZ)

Backpack

Max: 40 oz. Volume **no more than 60 liters** (3500 cubic inches), internal frame or frameless. **WE HAVE SOME ULTRALIGHT BACKPACKS AVAILABLE THAT STUDENTS MAY BORROW FOR THIS COURSE.**

- Guide's Gear: Absaroka Backpack (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_absaroka_backpack.html)
- Guide's Gear: GoLite Jam Backpack (<http://www.golite.com/>)

Pack Liner

Max: 4 oz. Waterproof pack liner sized to completely fill pack, used for storing gear you need to keep dry, including sleeping bag and insulating clothing. The classic solution is a plastic trash compactor bag.

- Guide's Gear: Backpacking Light Pack Liners Size (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_pack_liners.html)

Collapsible Water Bottle(s)

Max: 3.0 oz. One or two bottles, “Platypus” or “Nalgene Soft Cantene” style—no hard sided bottles. At least 1.5L total capacity.

- Guide's Gear: 2L Platypus Bottle (<http://www.cascadedesigns.com>)

Compass

Max: 2.0 oz. Worn on a neck lanyard. Simple is best, mirrored compasses OK but not necessary. 2-degree gradations or smaller.

- Guide's Gear: Brunton Model 7DNL (<http://www.brunton.com>)
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CAMPING, COOKING, AND PERSONAL GEAR (23 OZ)

Ground Cloth

Max: 3.0 oz. Sized big enough for sleeping bag, recommended 7' x 2.5' if you have a 6-foot long sleeping bag. Material should be very light painter's plastic (1 or 2mil only), a Mylar “Space” (emergency) blanket, or a piece of Tyvek (vapor barrier housewrap).

- Guide's Gear: Polycro Ground Cloth (<http://www.gossamergear.com/>)

Torso-Sized Sleeping Pad

Max: 9.0 oz. Closed cell foam (less than 4 oz) or self-inflating (less than 9 oz including repair kit). Dimensions of pad should **not be bigger than 22”** wide and 44” long.

- Guide's Gear: TorsoLite Inflatable Pad (http://www.backpackinglight.com/cgi-bin/backpackinglight/torsolite_inflatable_sleeping_pad.html)
- Guide's Gear: TorsoLite DIAD Pad (http://www.backpackinglight.com/cgi-bin/backpackinglight/diad_plastazote_foam_pad.html)
- Guide's Gear: NightLight Torso Pad (<http://www.gossamergear.com/>)

Mess Kit

Max: 2.0 oz. To include a bowl/spoon, a mug/spoon, or a bowl/mug/spoon. Capacity of main eating dish (whether bowl or mug) should not be between 16-24 ounces.

- Guide's Gear (bowl): FireLite SUL 550 Titanium Pot (http://www.backpackinglight.com/cgi-bin/backpackinglight/firelite_550_sul_titanium_cookpot.html)
- Guide's Gear (mug): FireLite Trapper Mug (<http://www.backpackinglight.com/cgi-bin/backpackinglight/firelite-sul-475-titanium-mug.html>)
- Guide's Gear (spoon): FireLite SUL Long Handled Titanium Spoon (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_long_handled_titanium_spoon_sul.html)

Toiletries

Max: 4.0 oz. To include **only**: high-strength toilet paper (shop towels cut into 4” squares), a toothbrush, no more than 1.0 oz toothpaste, and no more than 2.0 oz of alcohol hand sanitizer.

LED Light

Max: 2.0 oz. No incandescent, halogen, or other lights where the bulbs break and have poor battery life. Headlamp, “pen light”, “clip-on”, or “pinch light” styles OK. If not using a headlight, attach a neck lanyard using some very thin cord. Light should have one to three LED lights, and take coin cell, 1 or 2 AAA batteries, or 1 AA battery. Anything else is too heavy and powerful for what we need them for (task lighting in camp). Max weight should include ONE spare set of batteries (lithium batteries recommended).

- Guide's Gear: Petzl e-Lite (<http://www.petzl.com/>)
- Guide's Gear: Fenix LoD Light (<http://www.fenixgear.com/>)

- Guide's Gear: Photon Freedom Micro LED White Light
(http://www.backpackinglight.com/cgi-bin/backpackinglight/photon_light_micro_led.html)

First Aid Kit

Max: 2.0 oz. Only to be used for minor cuts and blister care. Over the counter medicines OK, but Scouts must **always** administer them in the presence of qualified adult supervision.

- Guide's Gear: Adventure Medical Kits Ultralight 0.3
(http://www.backpackinglight.com/cgi-bin/backpackinglight/amk_ultralight_first_aid_kit.html)

Pocketknife

Max: 1.0 oz. Only a tiny knife is needed. Used mostly for opening packaged foods, cutting first aid tape and dressings, and other light duty tasks.

- Guide's Gear: Derma-Safe Folding Utility Knife
(http://www.backpackinglight.com/cgi-bin/backpackinglight/folding_utility_knife.html)

Journal and Pen

Max: 1.0 oz. A tiny notebook, like the waterproof Rite-in-the-Rain 391-M, and a small pen or pencil that can be sharpened with the pocketknife.

- Guide's Gear: Rite in the Rain 391-M Notebook
(http://www.backpackinglight.com/cgi-bin/backpackinglight/rite_in_the_rain_horizontal.html)
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CLOTHING AND SLEEP SYSTEM (83 OZ)

Sleeping Bag

Max: 32 oz. Temperature rating should be in the range of 25-40 degrees. On cold nights, you'll wear clothing with your sleep system to further extend the range of your sleeping bag.

- Guide's Gear: Backpacking Light UL 240 Quilt (TBA April 2010)

Long Underwear (Base Layer) Top & Bottom

Max: 12.0 oz. NO COTTON or COTTON blends. Find something as thin, and as light, as possible. Heavier layers absorb water and take too long to dry.

“Silkweight” or “Lightweight”—**NOT** “Midweight” or “Expedition Weight”!
Acceptable materials include polypropylene, polyester, merino wool, or blends of these three fabrics. Fit should be comfortable and trim, not baggy or skin tight.

- Guide's Gear: Beartooth Merino Wool Hoody
(http://www.backpackinglight.com/cgi-bin/backpackinglight/beartooth_merino_wool_hoody.html)
- Guide's Gear: Merino UL Base Long John Bottom
(http://www.backpackinglight.com/cgi-bin/backpackinglight/merino_ul_long_john_pant.html)

Waterproof-Breathable Rain Jacket & Pants

Max: 16.0 oz. Full zip jacket, or partial zip pullover, with hood. Roomy enough to layer over ALL other layers without binding. Pants should have ankle zips or snaps, or be cut off below the knees (knicker style) so they can be put on while wearing trail running shoes. All seams should be seam taped, and the fabric should be “waterproof-breathable”. These layers are not worn often, but when we wear them, we need them. Keep them simple and don’t spend a lot of money on expensive Gore-Tex.

- Guide's Gear: Dri-Ducks Micropore Rainsuit
(http://www.backpackinglight.com/cgi-bin/backpackinglight/driducks_rain_gear.html)

Insulating Jacket and Pants

Max: 16.0 oz. The jacket should be either: (a) a high-lofting synthetic fill (e.g., Polarguard, Primaloft, Climashield) with a light nylon shell and lining, (b) a down-fill jacket with a light nylon shell and lining, or (c) a lightweight (no more than 150 weight) fleece jacket. A VEST may be substituted for the JACKET if you also bring a SECOND lightweight long underwear base layer. The pants should be only a SECOND layer of long underwear that is as light as your first layer. Additional insulation for the legs is not necessary.

- Guide's Gear: Cocoon UL Hoody (http://www.backpackinglight.com/cgi-bin/backpackinglight/cocoon_ul_60_hoody.html)
- Guide's Gear: Cocoon UL Pants (http://www.backpackinglight.com/cgi-bin/backpackinglight/cocoon_pant.html)

Warm Hat

Max: 2.0 oz. Should be made of lightweight synthetic fleece or wool, in the range of 100-200 weight. Balaclava style offers good warmth:weight ratio.

- Guide's Gear: Outdoor Research Powerstretch Balaclava
(<http://www.outdoorresearch.com/>)

Warm Gloves/Mittens

Max: 2.5 oz. Fleece, or windproof fleece, or wool, gloves or mittens, lightweight (100-200 weight). NO SKI gloves or other “shelled” gloves – they take too long to dry. Another option is to go with a much lighter glove or mitten (like a so-called “glove liner” which is like “long underwear for your hands” and top it with a waterproof-breathable mitten shell. This combination is nice for very cold/windy/rainy days.

- Guide's Gear: PossumDown Gloves (http://www.backpackinglight.com/cgi-bin/backpackinglight/possumdown_gloves.html)

Extra Merino Wool Hiking Socks (1 pr)

Max: 2.5 oz. Exactly the same as described previously. Only one spare pair.

- Guide's Gear: Darn Tough Full Cushion Trekking Socks (<http://www.darntough.com>)
-

INSECT PROTECTION (2 OZ)

Insect Repellent

Max: 1.0 oz. 37% to 100% DEET recommended. We'll be trekking in areas frequented by both mosquitoes and ticks. Repackage large bottles into smaller containers to save weight, then double bag it in two small ziplocks to prevent accidental leaking.

- Guide's Gear: Ben's Max 100% DEET

Mosquito Headnet

Max: 1.0 oz. Noseum mesh headnet large enough to wear over a baseball hat, while covering the gap between your head and shirt collar. This item will save your sanity when hiking in June and July in Montana's mountains.

- Guide's Gear: Backpacking Light Ultralight Headnet (http://www.backpackinglight.com/cgi-bin/backpackinglight/ultralight_headnet.html)
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SUN PROTECTION (3 OZ)

Cotton Bandana

Max: 1.0 oz. COTTON REQUIRED (to keep neck cool in the heat, and to prevent melting when used as a pot holder when cooking). Worn with a hat for

neck protection, dunked in a stream to help keep you cool, used as a washcloth when cleaning up, used as a pot-holder when cooking, etc.

Sunglasses

Max: 1.0 oz. Cheap pair, with a retainer strap so the glasses stay around your neck when removed. Cheap so that you don't need to carry an extra glasses case, or worry about the inevitable abuse that they will incur on a backpacking trek. Style and type not critical, but polarized lenses are nice to reduce glare when on snow or near water. Dark glasses are best for high altitudes, light (yellow) lenses have no place in Montana mountain hiking.

Sunscreen

Max: 1.0 oz. Between long sleeve shirt, long pants, glasses, and a hat with a brim, the only sun protection that really needs to be applied on a regular basis is the back of the hands, the face, and neck (front and back). So repackage those big bottles into smaller containers. SFP 30 **minimum**. Anything less is **not effective** at altitudes greater than 8,000 feet.

OPTIONAL PERSONAL GEAR (20 OZ MAX)

The following gear is ALLOWED, but is OPTIONAL.

Trekking Poles

Max: 12.0 oz per pair. Fancy 3-piece trekking poles with antishock springs, heavy cork grips, contoured angles, and other "features" will not be allowed if they weigh more than 12 ounces. We will be teaching techniques, advantages, and limitations of lightweight trekking poles. Anti-shock poles are not recommended.

Guide's Gear: Gossamer Gear LightTrek 4 (<http://www.gossamergear.com/>)
Guide's Gear: Cheap one-piece aluminum straight shaft downhill ski poles from a second hand shop

Gaiters

Max: 4.0 oz per pair. No Gore-Tex or other "waterproof-breathable" gaiters. Recommendation is for short gaiters that just cover the openings of your trail running shoes, and are made of breathable/stretchy fabrics. Recommended: REI Spring Gaiters, Montbell UL Gaiters, Simblissity Ultralight Gaiters, Dirty Girl Spandex Gaiters.

Bonus Item

Max: 4.0 oz. You are allowed to bring ONE bonus item that weighs NO MORE than 4 ounces. Common bonus items include: pillows, sit pads, rubber chickens, a small book, etc.

SNACKS (20-30 OZ)

Please bring 20-30 oz of high calorie snacks, which will be your trail food. Emphasize variety of nutrition types, and flavors:

- Nuts
- Chocolate
- Dried Fruit
- Fruit Snacks / Gummi Bears
- Hard Crackers
- Nut Butters
- Oatmeal & Other Rich Grain Cookies

In addition, please bring hot drinks of your choice (tea, coffee, cocoa) for mornings and evenings, and cold drinks (pre-sweetened juice powders, etc.) if you would like to mix them with your water bottles during the day.

CONTRABAND (PROHIBITED ITEMS)

These items are not allowed on the trek

- Watches
- Cell Phones
- Electronic devices including iPods, MP3 players, gaming devices, etc.
- GPS Units
- Hiking Boots that Weigh more than 18 ounces each.
- Second Pairs of Shoes, sandals, Crocs, etc.

PATROL GEAR PROVIDED BY MONTANA BSA AND BACKPACKING LIGHT:

The following items will be provided to each patrol, and shared.

- Tarp shelters, stakes, and guylines
 - Cook kits (stoves and cooking pots)
 - Patrol first aid kits (major wound care, joint taping, and comprehensive blister kit)
 - Firestarting kits
 - Collapsible 6L water bladders
 - Water treatment system
 - Bear bag hanging system
 - Maps
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ADDITIONAL ITEMS CARRIED BY INSTRUCTORS

Emergency Supplies

- Satellite and/or cellular phones
 - GPS units
 - Prescription medications
 - Dental kit
 - Large wound kit
 - Emergency plan
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10. MEDICAL AND LIABILITY RELEASE FORMS

All participants will be required to complete a BSA Class III/ABC Medical Form (all sections A, B, and C must be completed to participate in the field component of this course). Please bring it with you to the course.

Download the form here:

http://www.scouting.org/filestore/pdf/34605_Letter.pdf

11. Questions?

Any questions? Please contact Ryan Jordan, Montana BSA Ultralight Program Trek Director:

bsa@backpackinglight.com