



# HIGH KNOLL TRAIL

## HIGH KNOLL EQUIPMENT LIST

### Clothing

- (1) Pair Shorts
- (2) T-shirts
- (1) Fleece or Wool Vest or Jacket
- (1) **Pair Long Pants—light weight (required for horseback riding, mountain boarding & logging days)**
- (1) Belt
- (2) Pair of Underwear
- (2) Pair of Boot Socks
- (5) Pairs of Lightweight Liner Socks
- (1) Pair of well broken-in Boots with new laces
- (1) Pair of Light Shoes to wear around camp
- (1) Rain Jacket or Poncho (large enough for you and your backpack)
- (1) Swim Suit if you are going rafting
- (1) Hat with brim
- (1) Class A Uniform for travel to camp; it is optional for the Friday night campfire. You will not need your uniform on the trail.

### Eating Utensils

- (1) Plastic Bowl or Large Cup (sierra cup)
- (1) Drinking Cup
- (1) Spoon
- (2) One Quart Water Bottles or some form of hydration system such as a platypus

### Personal Items

- (1) Sleeping Bag in waterproof sack or heavy plastic
- (1) Waterproof Ground Cloth to be packed separately from the sleeping bag
- (1) Waterproof Pack Cover
- (1) Small Towel and Washcloth
- (1) Roll of white Toilet Paper (in Ziploc bag)
- (1) Toothbrush and Toothpaste
- (1) Personal First Aid Kit (foot powder, band aids, moleskin—keep it very simple)
- (1) Pocketknife
- (1) Small Flashlight with extra battery and bulb
- (1) Waterproof Watch
- (1) Compass
- (1) Whistle

### Optional

- (1) Sleeping Pad—closed cell or waterproof
- Snacks (trail mix, power bars, etc.)

### Provided by Troop

- Backpacking Tent or Tarp. If you bring a hammock, please make sure it is tree friendly.
- (2) Backpacking Stoves & Fuel
- Water Purification Filter/pump
- Spices for cooking (hot sauce)
- Waterproof Matches
- Bear Bag and 75 feet of 1/8 inch nylon rope
- First Aid Kit
- Insect Repellent
- Sunscreen
- Soap—biodegradable liquid soap
- Spare Rope/cordage
- Sewing Kit & Equipment Repair Kit
- Trowel for catholes
- 1 pair hot tongs
- Tarp for cooking area

### Equipment Provided by Camp

- Sanitizing tablets
- Serving spoon
- Polar Pure—Water Purification
- Scrub pad
- Food

### Found in Manned Outposts

- Pots for boiling water
- Garbage bags
- Pans for dishwashing
- Bow saw

### Some Useful Advice

- ❖ A boy's pack should weigh 25% of his body weight.
- ❖ The weather for High Knoll tends to be warm and humid with daytime temperatures in the high 80s and night time temperatures falling into the 50s.
- ❖ If you wish to use a GPS:

**The Powhatan Parking Lot** is North 36° 57' 40". West 80° 40'.

**Ottari Lake** is North 36° 59' 30". West 80° 34' 30".

*These locations are not pinpoint accurate, but they should easily put you within the boundaries of each of the camps.*