

Troop 17

Kandersteg Kit List

This kit list has been developed by the Kandersteg Programme Staff over many years. Please bring what they suggest and leave at home items they ask you not to bring. This way they can help us get the most of our activities. For some activities, following the kit list is essential, i.e. no boots, no hike...

Packing

- Pack with padded hip belt. External frame capacity of approximately 4800 Cl or internal frame capacity of approximately 4000 Cl.
- Day Pack. Sturdy, lightweight and water resistant.
- Plastic Ziploc bags. To keep clothing and gear dry inside the pack.
- Large Duffel Bag. To protect your backpack during air travel.

Sleeping

- Tent. Small, 2-3 person backpacking tent. Two people per tent. No singles. That includes adults.
- Sleeping bag in stuff sack. 20F temperature rating recommended
- Sleeping pad. Foam pads will not develop air leaks.
- Sleeping bag liner. For sleeping in huts.

Clothing

- Class A Uniform. Includes hat, shirt, neckerchief, shorts, belt, and socks.
- Gaiters. Nice to have when hiking on snow or glacier. Mandatory for Staff and their parents.
- Hiking Clothes
 - Hiking Boots. In good condition and well broken in.
 - Heavy Socks, 3 pair. Wool is best.
 - Inner Socks. Silk or polypropylene.
 - Underwear, 3 pair. Synthetic recommended.
 - Hiking shorts, 1 pair. Synthetic recommended
 - Short sleeve shirts, 2. Synthetic recommended, not nylon.
 - Hat or Cap. Flexible, with brim
- Cool evening
 - Long sleeve shirt. Wool or flannel.
 - Long pants. Not jeans. Synthetic recommended.
 - Long underwear top. Synthetic recommended.
 - Long underwear bottom. Synthetic recommended.
- Cold
 - Sweater or Jacket. Fleece or wool.
 - Stocking cap. Wool or fleece.

- Gloves or mittens.
- Cold, Wet, Windy
 - Rain Suit. Ponchos are not acceptable.

Personal and Miscellaneous

- Water Bottles, 3 liter total capacity.
- Small pocketknife. This must be in your checked baggage.
- Headlamp. LED preferred due to longer battery life.
- Bandanas/Neckerchiefs, 2.
- Sunglasses. Required for hiking on snow or glacier.
- Lip Balm. With SPF required.
- Sunscreen. SPF 30 minimum.
- Toiletries
 - Toothbrush and toothpaste.
 - Small towel.
 - Soap.
 - Shampoo.
 - Deodorant.
 - Personal medications
- Watch.
- Whistle.
- Notepad and pen.
- Compass.
- Camera.
- Passport.
- Copy of Passport.
- Travel wallet.
- Money for souvenirs, gifts, and extras.