

Backpacking Gear List

REMEMBER - smaller & lighter is better

also, EVERYTHING must fit IN or ON your pack securely!

Essentials

First Aid kit - personal	see Scout Book for contents
Duck Tape-shiny backing	or "moleskin" - use to reduce friction before a blister starts
sleeping bag	must fit in the pack, 20 degree or better
sleeping pad	Thermarest are excellent - many other types
rain gear	nylon jacket is good - ponchos work but don't last
2 water bottles (1L each)	or hydration system w/ bite tube - "Platypus" is popular
mess kit & utensils	cup, spoon is minimum - fork, plate, bowl optional
dishsoap	small amount - "sample size"
pocket knife	
lighter or matches	waterproof the matches
Ziploc bags	2-4 quart size to seal in odors so animal are not attracted
trash bag	carry out waste - also can be used as pack cover
toilet paper	1/4 roll in ziplock - Biodegradable if possible - woods is your bathroom
tooth brush and paste	
Antibacterial wipes	or hand sanitizer or soap - small size
hand towel	
compass	
Led headlamp	or light flash light - NEW batteries included!
clothes - full change	for second day or if others get wet & dirty **see below for clothing notes
extra socks	a pair to sleep in - keep dry
snacks (e.g. trail mix, nuts)	Carry snacks in a Ziploc to keep in food smells
Bible	small - NT only is OK
paper & pen/pencil	small - usually in your First Aid kit

Clothing

Layering is best - day & night

Synthetic is best (poly, dry-wicking, fleece, etc), especially underwear & t-shirts

**** Cotton holds moisture and acts like a refrigerator**

if you bring cotton, bring extras for dry change, especially at night

hat	stocking cap is great for cold nights
hiking shoes/boots	good, supportive hiking with a stiff bottom sole - water proof
socks - 2 pair!	2 pair prevents blistering - best is sock liner & wicking wool outer
jacket	layer-able, fleece is great - nylon/poly rain jacket would be another layer
pants, shirt, underwear, soc	** weat one set - another in pack

Shared Items

tent	2-person - small, light
ground cloth or tent footprint	for under tent & sitting/eating on trail
cook stove	propane is best for most - "Pocket Rocket" is popular
cook pot	to boil water - more than one is you & your buddies choice
appropriate food	freeze dried and cookable, light, and packable
water purification	quick working tablets(cheap) or mechanical pump (\$50+)
"bear bag" & rope	animals love food - keep them out of your tent!
mini shovel	plastic - for personal latrine

Optional Items

rope	parachute cord is great
bandanas	handy to wipe sweat, nose, first aid, etc, etc.
lip baum	
sunscreen	
backpack cover	acts as a raincoat for you pack - dew can be heavy as rain
Trekking poles	asset, especially adults: WalMart \$15/pole -\$40+ elsewhere (REI)
alcohol wipes	to disinfect hydration system mouth piece after each fill
journal	
camera	
Scout book	your choice, but it is heavy

Rules to follow

Fully loaded pack must weigh less than 25% of body weight
Try to keep it as light as possible - Take Only what you need!
Pack must "fit" if carrying over 15 lbs
Ultra light packing with a buddy
Don't wear cotton clothes - you'll be cold

Food ideas - Pack 2 breakfasts, 2 lunches, 1 dinner, and snacks for the ride

freeze dried food	add boiling water in the bag and eat - clean up is easy and fast
trail mix for lunch	Grazing through out the day allows for efficient hiking
Vienna sausages	
hot chocolate or cider mix	
cliff bars, granola bars	
instant oatmeal or grits	