

Troop 317 – Suggested Backpacking Equipment Checklist

REMEMBER - smaller and lighter is better. Also, EVERYTHING must fit IN or ON your pack securely!

Essentials

- Personal First Aid Kit – see Trail Life Handbook for contents
- Duct 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 brand is 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 or CamelBak is popular
- Mess Kit and Utensils – Cup, Spoon is minimum – fork, plate, bowl, optional
- Dish Soap – small amount - "sample size"
- Pocketknife
- Lighter or Matches (waterproof)
- Ziploc bags – 2-4 quart size to seal in odors so animals are not attracted
- Trash Bag – carry out waste – also can be used as pack cover
- Toilet Paper – 1/4 roll in Ziploc bag – Biodegradable if possible (prepare to use the bathroom in the woods)
- Toothbrush and Toothpaste
- Antibacterial wipes OR hand sanitizer OR soap – small size
- Hand Towel
- Compass
- LED headlamp OR lightweight flash light – NEW batteries
- Clothes – full change for second day, or if others get wet and dirty (see below for clothing notes)
- Extra Socks – a pair to sleep in to keep your feet dry and warm
- Snacks (e.g. trail mix, nuts) in a Ziploc to prevent food smells. Snacks should be easily accessible while hiking.
- Small Bible – NT only is usually OK
- Small Paper and Pen/Pencil – can be carried in your First Aid kit

Clothing

- Layering is a must – day and night – nothing too heavy
- Synthetic is best (poly, dry-wicking, fleece, etc), especially underwear and t-shirts
- Cotton IS NOT RECOMMENDED, as it holds moisture and acts like a refrigerator
- If you must bring cotton (not recommended), bring extras for dry change, especially at night

Hat

- Stocking cap is great for cold nights
- Hiking shoes/boots with a supportive, stiff bottom sole, but should be **waterproof**
- Socks – **2 layers** prevents blistering – sock liner with a wicking wool outer sock is perfect
- Jacket – layer-able, fleece is great
- Nylon/poly rain jacket could be another layer
- Pants, shirt, underwear, socks (wear one set, with another in pack)

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Shared Items

- Tent – 2-person, and should be small and light. Split the carrying duties with your buddy
- Ground cloth or Tent footprint for under tent and sitting/eating on trail
- Cook Stove – propane is best. MSR Pocket Rocket is popular
- Small cookpot to boil water – more than one is optional
- Appropriate food – freeze dried and cookable, light, and packable
- Water Purification – quick working tablets (cheap) or mechanical filter/pump
- Bearbag and Rope – animals love food – keep them out of your tent!
- Mini shovel / trowel – plastic – for personal latrine (cathole)

Optional Items

- Rope – 50-100' of paracord is great
- Bandana is handy to wipe sweat, nose, first aid, etc.
- Lip Balm
- Sunscreen
- Backpack cover – acts as a raincoat for your backpack – as overnight dew can be heavy
- Trekking poles (2) especially adults: WalMart \$15/pole, OR \$40+ elsewhere (REI)
- Alcohol wipes – to disinfect hydration system mouth piece after each fill
- Journal
- Camera
- Trail Life Handbook – your choice, but it is heavy

Rules to follow

- Fully loaded pack should weigh less than 25% of body weight
- Try to keep it as light as possible – take only what you need!
- Pack must fit your body size / type if carrying over 15 lbs
- Ultra-light – share gear (tent, stove, fuel, tarp, etc.) 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 (where you just add boiling water in the bag and eat) make for easy and fast clean-up
- Trail Mix for lunch and for grazing throughout the day allows for efficient hiking (Vienna sausages, hot chocolate/cider mix, Clif bars, granola bars, instant oatmeal/grits, etc.)