**BACKPACKING EQUIPMENT LIST:**  March 2015

**CLOTHING:** Modify as needed to be comfortable, keep light enough to carry, handle emergencies

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| **WEAR WHILE HIKING** | **FOR EVENINGS WHEN STOPPED** | **PJs / BACK UP** | **IF COLD, ADD:** |
| T-shirt (quick drying if cold)  Quick drying shorts or pants  Boots  Socks | Quick drying long sleeved top (wind)  Quick drying warm top (cold)  Quick drying long pants (can be the legs that zip on your shorts, can’t be the long ones you hiked in) to protect from wind  Quick drying warm long pants (cold) | Quick drying PJs that can be emergency clothing  Pair of socks  Bandanna, hat or hood  Spare pair of sneakers | Gloves  Fleece hat, hood, or scarf  Fleece vest or jacket  Extra socks |

**GEAR:**

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| **SHELTER / ESENTIALS** | **SANITATION / WATER** | **EMERGENCY** | **FOOD** |
| Backpack. Properly fitted.  Sleeping bag in water proof plastic bag /trash compactor bag  One or two gallon freezer bags to pack gear  Rain gear | Small plastic bag for bathroom trash  Something to clean hands  Toilet paper  2 Water bottles – 1 Liter each  Toothbrush, toothpaste, dental floss  Deodorant | Personal first aid kit  Whistle – on your body  Flashlight  Medicines, written permission for allergies, headache | Your own food |

**PERSONAL EQUIPMENT:** (bring if you need them, want them, have them and can afford the weight)

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| **FUN** | **COMFORT** |  | **SANITATION** | **FOOD** | **EMERGENCY** |
| Sunglasses  Pocket knife  Camera, card, batteries | Pillow  Sleeping pad  Chapstick  Insect repellent | Sunscreen  Trekking poles  Extra pair of shoes | Sanitary supplies  Stuff for braces  Change of underwear  Towel or bandana  Plastic bags | Spoon, Fork.  Plate  Cup  Bags to eat from  A few paper towels | Compass  Spare glasses if you wear contacts |

**TRIP LEADERS WILL PROVIDE**

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| **SHELTER** | | **SANITATION / WATER** | **EMERGENCY** | |
| (2) 50 ft ropes for tarp  Tarp | Large heavy duty bags (over packs) | Waist pack with trowel  Plastic containers to capture water  Water treatment (< 1 hour type) | Repair kit  Troop First Aid kit: nail clippers, scissors, level 2 FA materials, Moleskin | Certified level 2 first aid person Certified backpack trip leader  Map, Compass  Troop Medical Forms |
| **COOKING** | | **FOOD STORAGE** | **TRANSPORTATION** | |
| Matches  Fuel  Stoves | 2 Pots | Cheap plastic bottle for food bag  50 ft ropes  Bags to tie up food | Drivers with seatbelts, room for gear  Scales: (0 – 50 lbs) for packs, (0-10 lbs) for small items | |

**OPTIONAL TRIP LEADER EQUIPMENT:** (bring if you need them, want them, have them, and can afford the weight)

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| **FUN** | **SANITATION / WATER** | **FOOD** | **OLD EQUIPMENT** | **EMERGENCY** |
| Fire starters  Saw | Dishwashing supplies  Water filter  Container for treating water (large groups) | Can opener  Pot holder | Buckles  Ground cloth | Something orange  GPS |

**NOTES:**

* Review your trip plans and choose what items are needed from the list above. Bring only what you need. Try to share whenever possible. The trip leaders can help you find almost anything else on the list - just let us know what you need.
* For your first few trips, borrow or improvise as much as possible rather than spend money.
* During the bag check, you may have to decide what to leave behind to get your pack weight low enough.
* Poncho or rain coat is absolutely required. Windbreakers are not sufficient, must be waterproof. Very thin emergency ponchos may not hold up to trail wear.
* Water bottles - unbreakable, water tight bottle to hold drinking water during the day. 1 liter Nalogene bottles
* Trip leaders have the right to force you to wear their huge, ugly, quick drying clothing if you bring too much cotton! The following items can have some cotton: bandana, underwear, socks, and the hiking shirt in hot weather only.
* Do not bring glass containers or aerosol cans.
* Must have boots for ankle support. Full foot coverage sneakers may be worn in camp only - no sandals. New or borrowed boots may cause blisters on discomfort on long hikes. Be sure to break boots in well before the planned trip.
* Put just what you need in double plastic bags and leave the container at home. Prepackaged wipes for many uses are now available: personal wipes, dishwashing, teeth brushing, etc. Avoid ones with perfume – they can attract bugs and irritate your tent mates.
* Line your plate with a plastic bag to reduce dishwashing
* Pack gear in plastic bags, then double bag by using a big bag to line your pack.
* If you have a very light weight sleeping bag, and it’s cold, bring warm sleep clothes or a fleece blanket.
* If you have an internal frame pack, may have to watch how large your gear is, not just the weight. May need to tie sleeping bag on the outside
* A bag with clean clothes, change of shoes, and your favorite snack and drink, left in the vehicle, can be quite a treat at the end of your trip.

**BACKPACKING FOOD LIST: for 2 Breakfasts, 1 lunch and 1 dinner**

**Scouts to pick out and purchase their own food: Choose from these ideas**

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| **NO COOKING**: | | | | **STOVE** | | | | | | |
| **BREAKFAST:** | | | | | | | | | | |
| Cereal  Pop tarts  Doughnuts | Dried fruit  Bagels  Jam | Granola  Muffins Breakfast bars | Instant breakfast  Pastries  English muffins | Biscuits  Pancakes  Instant soup | Instant grits | | | Instant oatmeal | | |
| **LUNCH AND SUPPER:** A favorite dinner is ramen noodles in the foam cup with chicken added – very little cooking or cleaning | | | | | | | | | | |
| Tuna  Fruit  Bagels | Beef jerky  Hard cheese  Hard rolls | Cheese spread  Deviled ham  Pita bread Crackers | Jam, jelly  English muffins  Peanut butter  Summer sausage | Instant soup  Instant potatoes  Biscuits | (1) Tuna  (1) Chicken  (1) Salmon | | | Rice side dishes  Ramen noodles  Noodle side dishes  Couscous | | |
| **DESSERTS AND SNACKS:** | | | | | | | | | | |
| Chips  Hard cheese  Nuts | Raisins  Brownies  Cookies | Granola bars  Trail mix  Snack cakes | Dried fruit  Crackers  Instant pudding | Marshmallows | | Brownies | | | S'mores | |
| **DRINKS:** | | | | | | | | | | |
| Lemonade | Iced tea | Kool-Aid | Dried milk | Instant cocoa  Coffee | | | Tea | | | Apple cider |

**NOTES:**

* Watch out how much your food weighs! This is usually about 1 1/2 to 2 pounds for 4 meals and snacks.
* Bring just the amount you need in sealed plastic bags.
* We will have no refrigeration (not even coolers).
* Only breakfast and supper can be cooked or use hot water.
* Have at least half of your food so it can be eaten without cooking (in case the stove breaks, you are too tired to cook, or too hungry to wait for the water to boil.)
* Look for quick cooking noodles, rice, etc. Uses less fuel, get to eat sooner.
* During the bag check, you may have to decide what to leave behind to get your pack weight low enough.
* Avoid canned goods if possible. Tuna in a bag is lighter, the garbage takes less space, and the bag can’t cut you.
* Avoid dense foods like apples and carrots - heavy. Dried fruit and vegetables weigh less than canned goods and fresh fruit.
* If you have an internal frame pack, may have to watch how large your food is, not just the weight. For instance, the Styrofoam cups of ramen noodles may not fit in your pack – may need to bring a cup and plastic bag to line it, and buy the ramen in a plastic wrap.