**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 pantsBootsSocks | 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 clothingPair of socks Bandanna, hat or hoodSpare pair of sneakers | GlovesFleece hat, hood, or scarfFleece vest or jacketExtra 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 gearRain gear | Small plastic bag for bathroom trash[ ] Something to clean hands[ ] Toilet paper2 Water bottles – 1 Liter eachToothbrush, toothpaste, dental flossDeodorant | Personal first aid kit[ ] Whistle – on your bodyFlashlight[ ] [ ] 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** |
| [ ] SunglassesPocket knifeCamera, card, batteries[ ] [ ]  | PillowSleeping pad[ ] ChapstickInsect repellent | SunscreenTrekking poles Extra pair of shoes  | Sanitary supplies Stuff for braces[ ] Change of underwearTowel or bandana[ ] Plastic bags | Spoon, Fork.Plate[ ] CupBags to eat fromA few paper towels  | CompassSpare glasses if you wear contacts |

**TRIP LEADERS WILL PROVIDE**

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| **SHELTER** | **SANITATION / WATER** | **EMERGENCY** |
| [ ] (2) 50 ft ropes for tarpTarp  | [ ] Large heavy duty bags (over packs)[ ]  | [ ] Waist pack with trowel[ ] Plastic containers to capture waterWater 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, [ ] CompassTroop Medical Forms  |
| **COOKING** | **FOOD STORAGE** | **TRANSPORTATION** |
| Matches [ ]  Fuel[ ] [ ]  Stoves | [ ] 2 Pots | Cheap plastic bottle for food bag50 ft ropes Bags to tie up food | Drivers with seatbelts, room for gearScales: (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 startersSaw | Dishwashing supplies Water filter Container for treating water (large groups) | [ ] Can opener[ ] [ ] Pot holder | BucklesGround 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:** |
| CerealPop tartsDoughnuts | Dried fruitBagelsJam | GranolaMuffins Breakfast bars | Instant breakfastPastriesEnglish muffins | BiscuitsPancakesInstant 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 |
| TunaFruitBagels  | Beef jerkyHard cheeseHard rolls | Cheese spreadDeviled ham Pita bread Crackers | Jam, jellyEnglish muffinsPeanut butter Summer sausage | Instant soupInstant potatoesBiscuits | (1) Tuna(1) Chicken(1) Salmon | Rice side dishesRamen noodlesNoodle side dishesCouscous |
| **DESSERTS AND SNACKS:** |
| ChipsHard cheeseNuts | RaisinsBrowniesCookies | Granola barsTrail mixSnack cakes | Dried fruitCrackers Instant pudding | Marshmallows | Brownies | S'mores |
| **DRINKS:** |
| Lemonade | Iced tea | Kool-Aid | Dried milk | Instant cocoaCoffee | 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.