

# **EQUIPMENT LIST FOR BAKPACKING**

## **Mandatory list (no more no less).**

### **Main Equipment**

- Hiking Boots (waterproof) - not work boots, combat boots, or sneakers
- Backpack (Must be either an internal or external frame and fully adjustable with a waist belt). The troop has external frames which you can borrow.
- Backpack cover – or large plastic contractors garbage bag to cover entire pack in case of rain.
- Sleeping bag – (if bag is too bulky use a compression strap). Put in plastic bag. Fleece liner will add 10° to bag.
- Sleeping pad – lightweight foam or air type. Must roll small. Use large garbage bag under sleeping bag if no sleeping pad.
- Ground tarp – approx. 48”x60”. Very light weight 3 mil plastic perfect. (Only if you are taking your own tent).
- 2 plastic nalgene bottles full of water (You need to carry at least 64oz. at a time).
- Small flashlight – A headlamp is all that you need.
- Small pocketknife – Think weight.
- 2 plastic kitchen garbage bags, 1 for garbage, 1 for dirty clothes.
- 1 small plastic bag for your boots at night. A plastic grocery bag is fine.
- Bandanna for your head or neck. Hat is optional.

### **Eating Utensils**

Put these items in a zip lock bag. Must be stored at night, away from tent area and secured in the ‘Bear Bag’ that the Troop will supply.

- Small bowl – 6” plastic no larger.
- Small cup – No foam cups.
- One tablespoon – Heavy duty plastic is great.
- 4 pieces of paper towels – folded up.

### **Clothing that goes in the backpack**

- In a large zip lock bag put 2 pairs of hiking socks.
- In another bag put one pair of hiking shorts, 1 polypro tee shirt.
- 1 pair of polypro underwear (do not wear cotton).
- In another bag put a fleece shirt -160 fleece is good.
- Down vest or lightweight jacket
- In another bag put light weight gym shorts & tee shirt for sleeping on the trail. If your sleeping bag is rated higher than 30° you will need long sleeve heavy polypro pants & shirt. These will not leave your tent.

- Breathable rain jacket and pants. Poncho is ok for this hike. Put in backpack where you can get it out fast.

### **Toiletries**

#### **In a zip lock bag which goes into the bear bag at night.**

- A ½ roll of toilet paper and a pack of handy wipes. Keep this someplace that is easy to get at during the day.

#### **In another zip lock bag, put in these items. This bag must go into the 'Bear Bag' at night.**

- Small bottle of Gold Bond Powder.
- Moleskin.
- Your toothbrush and a tube of travel toothpaste.
- One dish size towel to dry yourself off. Put this in another zip lock bag.

#### **In another ziplock bag which goes into the bear bag.**

- A small bottle of deet bug spray. This will keep most of the ticks off your skin.

### **Clothing**

All the clothes you are going to take should be washed and dried without using a heavy scented detergent or fabric softener. The less smell the better. All equipment should be aired out before you pack it.

#### **Shared Troop gear – 2 per patrol**

Backpacking tents

Waterpurifiers

Bear bag

First Aid Kits

Stoves and gas

Pots

Rope