**Backpacking Equipment List**

This is a suggested list of basic items meant to be adjusted based on weather conditions. Meals should be simple and easy to prepare. Breakfast and dinner that can be prepared by adding boiling water are a great place to start. Lunch will be snacking instead of a sit down meal. For more information, reference:

Scout Handbook (2017) p 108; 238-246; 267-280

[REI Backpacking Checklist](https://www.rei.com/learn/expert-advice/backpacking-checklist.html)

SLEEPING

* Sleeping bag – 30 degree
* Sleeping pad – ¾ to full length
* Tent – shared between two Scouts
* Ground cloth – protects tent

PERSONAL

* Sun protection
* Insect repellent
* Lip balm
* Deodorant, toothbrush, comb, small camp towel
* Toilet paper – small roll in a Ziploc
* Bathing wipes
* Medication – inform me of requirements
* Trowel

STUFF

* Headlamp – extra batteries
* Pack cover
* Stuff sacks
* Compass
* Personal first aid kit
* Pocketknife or multi-tool
* Paracord – precut to 25’ lengths
* Watch
* Small notebook & pen

CLOTHING

* Boots or sturdy shoes
* Socks – wool & liner
* Pants – synthetic dries faster
* Underwear – synthetic
* Shirts – synthetic
* Thermal underwear if cold

OUTER WEAR

* Gloves
* Hat
* Raincoat & rain pants
* Jacket/layers

COOKING/EATING

* Stove & fuel – shared between two Scouts
* Cook pot – shared to boil water for meals
* Cup, bowl, plate, spoon, fork
* Hydration system
* Matches – strike anywhere, shared
* Water tablets, filter – shared
* Hand sanitizer
* Biodegradable soap
* Cleaning sponge with Ziploc bag
* Trash bags
* Dry sack for food/bear bag

BREAKFAST FOOD SUGGESTIONS

* Grits or oatmeal
* Bagels
* Mountain House or Backpackers Pantry

LUNCH/SNACK FOOD SUGGESTIONS

* Cheese & summer sausage
* GORP, dried fruit, power bars
* Trail food

DINNER FOOD SUGGESTIONS

* Pasta & Rice by Knorr, Zatarans, Lipton – add water & meat
* Mountain House or Backpackers Pantry

NOTES

* Make sure your Scout has rain gear!
* Once cotton is wet, it becomes heavy and will not insulate. I recommend using synthetic material in your Scouts clothing as much as possible.
* While packing, think small and lightweight. Share with your tent partner and try not to duplicate. There is no reason to carry something for 15 miles you won’t use.
* If you are unsure of what type of pack to buy, try to borrow one first. Younger Scouts will quickly outgrow their first pack. 40L is the minimum size pack for a short trip. A weekend usually requires a 50L pack or greater. This may be too much for our sixth and seventh graders. A day pack is not big enough for a backpack trip.
* A backpack should be a bag of bags. It is much easier to find what you are looking for if there is a system of what items go into which bag.
* Scouts should be sharing a two or three man tent between two Scouts. The Scouts can divide the weight between the tent, poles, rain fly, ground cloth, and stakes. NO larger tents.
* If you need gear recommendations, I can help get you started.
* Do not bring electronics, soda, big knives, canned food, or camp chairs.
* Do not bring food that takes a lot of time to prepare. It is much easier to boil water, mix, wait, and eat.
* Do not pack heavy rubberized rain coats. Rain gear should be a light shell.
* Form fitting underwear will help prevent chafing, boxers will not.
* Do not pack three outfits for three days. One extra shirt and pants should be fine to provide a dry set unless it will be raining all weekend. Underwear and socks should be changed daily.
* Use a thin liner sock under a thick pair of socks to prevent blisters. I do this even in the summer!
* NEVER cook in or bring food into your tent. Even the scent will stay long after the trip. Mice and raccoons will chew right through nylon.