

TROOP 171 MICRO ADVENTURE BACKPACKING EQUIPMENT LIST

*** **All items are required unless told otherwise** ***



MAJOR EQUIPMENT

- _____ Pack (Internal or external) 60L size or close- **padded hip belt and shoulder straps are ESSENTIAL** Check grommets and straps. Must be large enough to hold your gear and your share of the crew gear and food → save space about the size of a basketball.
- _____ Sleeping bag (20 or 30 degree rated bag August or September Micro Adventure)
- _____ Foam pad (Ensolite or ThermoRest is best)
- _____ Accessory straps (used to attach sleeping bag and pad to external frame backpack. Belts, bungee cords, or rope do not work very well!)

CLOTHING -- Be prepared to dress in layers - we have had rain and snow every month! *****NO COTTON!! *****

- _____ Rain jacket (**waterproof nylon**, not heavy rubber style) or Poncho. **Waterproof nylon rain jacket is the best.**
- _____ Rain pants (**waterproof nylon**) (**IMPORTANT**)
- _____ Long pants (zip-off synthetics are best - 1 pair)
- _____ PolyPro (synthetic) long underwear (**long-sleeve tops and bottoms**)
- _____ Fleece, light jacket, or an extra long sleeve shirt. Synthetic or wool is the best. **Avoid cotton.**
- _____ **Boots (well broken in before trip! Tennis shoes will not substitute)**
- _____ Hiking shorts (2 pair)–1 can be the zip-off pants above
- _____ Undershorts (2 pair)
- _____ Socks (2 pair heavyweight wool socks for hiking)
- _____ Ski cap (lightweight synthetic is the best)
- _____ Shirt (short sleeve) – synthetic is best
- _____ Socks (2 pair lightweight synthetic)
- _____ Camp shoes (tennis shoes or moccasins) – may get wet!
- _____ Gloves (lightweight polypro liners or wool)

EATING GEAR

- _____ Bowl (do not bring the entire kit!)
- _____ Cup (insulated plastic is the best)
- _____ Drink mix (for lunches and hiking)
- _____ Water bottle (wide-mouth poly bottle. Not a canteen)
- _____ Spoon (Lexan plastic is best. Not metal)

TOILET ARTICLES

- _____ Toilet paper (partial roll in a Ziplock bag)
- _____ Toothbrush
- _____ Chapstick (or other lip salve)
- _____ Sunscreen (**IMPORTANT**)
- _____ Toothpaste (travel size)
- _____ Feminine products and Ziplock bags

OTHER IMPORTANT ITEMS

- _____ Headlamp or small flashlight with fresh batteries (AA or AAA size); Headlamp recommended so both hands are free.
- _____ Extra batteries (AA or AAA alkaline)
- _____ Nylon camping cord (50 ft) (**Important**) (1/8" diameter parachute cord)
- _____ Pocket knife (Be safe!)
- _____ Insect repellent (**non-aerosol** small bottle in Ziplock)
- _____ Sunglasses (**IMPORTANT**)
- _____ Hat (for sun protection)
- _____ Personal first aid kit (BandAids, moleskin, Tylenol, etc.)
- _____ Healthy munchies (Be reasonable, you have to carry it! Remember, you are only gone 2 nights)
- _____ Prescription or non-prescription medications (give the trip leader a duplicate of important medications)
- _____ Trash bags –1 heavy-duty large to cover pack or use for emergency rain protection
- _____ Scout Handbook OR copy of the advancement pages for Tenderfoot, Second Class, or First Class as needed. Copies are lighter and preferred!
- _____ Compass - QUALITY, not from a Cracker Jack Box!
- _____ **Plastic** whistle on a lanyard (**IMPORTANT**) – wear it!
- _____ Matches – in waterproof container or pint Ziplock bag
- _____ Needle, thread, and safety pins in a small Ziplock bag

PACKING – Be sure to pack all items in small stuff sacks or one gallon Ziplock freezer bags inside your pack. Clothes should not be loose in your pack. Pack similar things together!

TENTS Tents are an important piece of safety equipment on a high mountain backpack trip. It must be lightweight, strong, and waterproof. Tents MUST be of high quality. They must have a rainfly and be waterproof. We will organize tents at the equipment shakedown. Low price, low quality tents are not allowed on Scout trips. Suggested brands are North Face, REI, EMS, or Eureka. If you would like to bring your own tent, please check with the trip leader first and bring it to the shakedown. Please, no bivy sacks. We want tents with tent partners.

PACKING YOUR PACK Pack very carefully. You need to save space to carry your share of the food and crew gear (food, tent, trash, pots, etc.). **TOTAL WEIGHT OF YOUR PACK MUST NOT BE OVER 1/3 OF YOUR TOTAL BODY WEIGHT.**

PACK IN STUFF SACKS or ZIPLOCK BAGS Pack like items together in stuff sacks or Ziplock freezer bags. Put rain gear, first aid items and snacks on top for easy access. Don't just put everything in a pile in the large compartment.

PACK IT YOURSELF! Scouts are encouraged to do your own packing. This way, you know where everything is packed. **Alpine conditions can be dangerous so please follow the list carefully.** If you have any questions, please call Greg at 720-498-3559 or Scott at 303 748-7551 or send us an email.

Other Crew Gear that may be needed. You may be asked to bring and/or carry:

- _____ **Your share of the group food!**
- _____ **Backpacking stove**
- _____ **Fuel bottles/canisters**
- _____ **Cook kit**
- _____ **Water filter**
- _____ **Tent – quality construction**
- _____ **Other Items:**
- _____ **Uniform for travel on adventure**
- _____ **Sack lunch**
- _____ **Money for stops**

Some adventure trips end with a shower/swim stop. Be sure to ask if this will happen on this trip.

