## **Suggested Equipment List for Backpack Trips**

The following equipment list is a guide to help you prepare for backpack trips.

Dressing in layers is the best choice for outdoor activities. As you get warm you can take off layers, and as you cool down during breaks, you can put them back on. The term synthetics on the clothing lists, below, refers to materials lycra or polypropylene.

Note also that some of the troop items will be shared. The tent and stove will be split up among the patrol. Repair and first aid kits will also be shared.

Clothing - Inner Layer:

Synthetic underwear Socks (wool or synthetic) Clothing - Insulating Layer: Hiking shorts & t-shirt

Sweatshirt

Wool or pile socks
Wool stocking hat

Clothing - Protective Layer: Rain jacket or poncho

Rain pants

Feet:

Hiking boots

Sandals or Crocs (nice in camp)

Extra socks

Haulage:

Pack

Pack cover

Stuff bags with toggles for clothing, food and gear

Tent:

Sleeping bag Sleeping pad

Tent (troop tent) will be divided

Flashlight

Personals:

Toothbrush/paste Glasses or contacts

Comb

Toilet paper in Ziploc bag

Headlamp or flashlight (spare batteries and bulb)

Watch

Notebook/pencil Insect repellent Kitchen:

Stove (troop will provide)
Matches (troop will provide)
Fuel bottle (troop will provide)

Pots (troop will provide)

Srubbie and Soap (troop will provide)

Cup Spoon

Food (bring lunch; other meals troop will provide)

Snacks (trail mix or similar)
Two water bottles & water

Water purification system (troop will provide) Rope & Bear bag for food (troop will provide)

Repair Kit:

Sewing needle

Nylon thread or dental floss

Duct tape

**Emergency Kit:** 

Matches (and striker in waterproof container)

Fire starter (solid fuel pellets, candle, pitch wood)

Compass

Map (troop will provide)

Knife Whistle Nylon cord

First Aid:

First Aid Kit (troop will provide)

Moleskin for blisters

Chapstick Sunblock Anti-acid tablets

Safety pins