

Troop 1128 Backpacking Equipment List

"Take everything that is on the list. Take nothing that is not on the list."
NO COTTON CLOTHING!

What I wear		What I pack	
	Boots		Tent
	Sun Hat		Backpack
	Sunglasses		Pack Cover
	Watch		Water Bottles (3, 1-liter bottles)
	Convertible Pants		Sleeping Bag
	Long Sleeve Button-Up Shirt		Sleeping Bag Compression Sack
	T-Shirt		Sleeping Pad
	Underwear		Sit Pad
	Socks		Rain Jacket
	Bandana / Buff		Rain Pants
	Knife		Shorts
	Compass		Spare T-Shirt
	Lip Balm		Two (2) Pair socks
	Hand Sanitizer		Two (2) Sets underwear
			Long Underwear top
			Long Underwear bottom
			Fleece -or- Down Puffy Jacket
			Warm Hat
			Warm Gloves
	Optional		Clothes Stuff Sack(s)
	Small inflatable pillow		Camp / Water Shoes (closed toe)
	Sock liners (blister prevention)		Bowl
	Backpack Liner (trash compactor bag)		Spoon
	Chair		Headlamp
			Lighter
			Personal First Aid Kit
			Personal Medications
			Toothbrush
			Towel
			Wilderness Wash
			Toilet Paper
			Repair Kit
			Personal "Smellables" Bag

What I wear:

***Note: all clothing must be non-cotton to help prevent hypothermia.**

Boots: Sturdy, preferably waterproof hiking boots. Should be broken in well before a trip. Scouts do not need heavy leather boots that come up high above the ankle.

Sun Hat: To protect from sunburn. Can be a baseball cap or a fully brimmed hat. A full-brimmed hat offers better sun and rain protection.

Sunglasses: Helps in brightness of day, easier to read maps and carry out campsite jobs.

Watch: Alarm recommended to make sure everything goes according to schedule.

Convertible Pants: Zip off pants that can be used in both warm and cool climates.

Long-Sleeve Button-Up Shirt: Extra layer for cooler climates, also protects from bug bites and sunburn.

T-Shirt: First layer of warmth.

Underwear: Prevents chafing and is the first layer of warmth.

Socks: Wool/synthetic hiking socks provide cushioning, wick sweat, and reduce smell.

Bandana/Buff: Used to keep cool, serves as a washcloth, hot potholder, can be used in first aid situations. This can be cotton.

Knife: Essential tool, not a toy. Blades must be 3 inches or shorter, per Troop rules. Can be single bladed or multitool. Used to fix things if needed, can be used in medical situations.

Compass: Essential for navigation. A good backpacking compass is lightweight with a straight edge.

Lip Balm: Moisturizing balm with SPF 25+. ***Note: Lip balms are a smellable and must go up in bear bags**

Hand Sanitizer: Small bottle in case of first aid emergencies or bathroom breaks. Hand sanitizer is also part of crew gear so a small personal-sized bottle will do for scouts.

What I pack:

Tent: Two-person tent is optimal. Maximum size is a three-person tent. Parts may be separated between tent partners to distribute weight as follows:

1. Bag for tent, poles, stakes
2. Bag for rain fly and ground sheet

Backpack: 55-70L capacity; Large enough for both personal AND crew gear. Packs should be able to fit "the big pot".

Pack Cover: Used to protect pack and gear when it rains; must cover a fully loaded pack. NOTE: A pack-liner (e.g., properly sized trash compactor bags) are a smart, but optional addition.

Water Bottles: 3, 1-liter bottles. Nalgene, Platypus, SmartWater are all good options. We usually hike with 2 liters but have capacity for three (3) liters in case of damage or limited water resources available on the trail. No bladder-style containers as they are difficult to purify in the backcountry.

***Note: "Non-water" container (e.g., Gatorade) are smellables and must go in the bear bags.**

Sleeping Bag: Rated to 20-30 degrees, ideally under 4lbs. Essential for any backpacking activity. Synthetic bags recommended over down bags for cost and ability to provide warmth if the bag gets wet.

Sleeping Bag Compression Sack: Compresses sleeping bag to a manageable size.

Sleeping Pad: Keeps a Scout off the cold ground at night. Foam "egg crate" style or inflatable. If using an inflatable pad, include puncture patches in the repair kit. **Minimum length to help prevent hypothermia is from a Scout's head to their knees.**

Sit Pad: Used for both comfort and safety; during a thunderstorm, it's important to have a sit pad to mitigate electrocution risk. ***Note: Sleeping pad may NOT double as a sit pad.**

Rain Jacket and Pants: Waterproof and with a hood. Both are required for any kind of camping, protects scouts from rain and can double as another layer of insulation. Gear should be durable enough to withstand occasional off-trail hiking. ***Note: No ponchos.**

Shorts: Separate from convertible pants. Used in rotation w/ convertible pants, provides extra warmth.

Spare T-Shirt: Extra article of clothing for comfort, hygiene, and warmth.

Spare Socks: Two (2) pairs of extra socks for a total of three (3) pairs - Two pairs can be rotated throughout an outing, the third for sleeping or in emergency if other socks get wet.

Spare Underwear: Two (2) sets of extra underwear for a total of three (3) - two rotating for hiking, with a third for emergencies and sleeping.

Long Underwear top: mid-weight, synthetic or wool. Used for cold mornings or evenings and as extra warmth while sleeping. Mountain/backcountry weather is unpredictable.

Long Underwear bottom: mid-weight, synthetic or wool. Used for cold mornings or evenings and as extra warmth while sleeping. Mountain/backcountry weather is unpredictable.

Fleece / "Puffy" jacket: A heavier and warmer final layer for mornings and cold weather hiking.

Warm Hat and Gloves: Keeps heat in fingertips, ears, and head; Useful in warm and cold weather.

Clothes Stuff Sack: Similar to a sleeping bag compression sack, but for extra clothes. Waterproof stuff sacks will protect belongings better. 2 bags are recommended to aid in organization and packability.

Camp Shoes: Lightweight, closed-toe shoes; Used in camp, water crossing, etc., to wear around camp to get out of hiking boots. Crocks, old sneakers can work.

Bowl and Spoon: Bowls work best for backpacking meals and can double as a drink container too. A small, pint-sized/16oz. bowl works well. Collapsible bowls are excellent.

Headlamp: Headlamps are used instead of handheld flashlights so that scouts may utilize both hands while still having light to cook and clean. ***Note: For shorter 2-3 day trips, extra batteries are not needed. However, make sure the headlamp has new batteries in the day before the trip.**

Lighter: Used to start fires, fusing rope and lighting the camp stove.

First Aid Kit: Used for minor first aid issues, should include band-aids, antiseptic wipes, and moleskin. Each Crew carries a complete First Aid Kit, so only a small personal first aid kit is needed. ***Note: Must include any Personal Medications a scout may need.**

Toothbrush: For brushing teeth. Toothpaste not needed as it is included with the Crew gear.

Towel: Small, quick-dry used for hygiene, to wipe dew/condensation from the tent before storing, as well as in first aid situations.

Wilderness Wash: Personal-sized for washing body and cloths.

Toilet Paper: A small amount (e.g. single use) of personal toilet paper for an on-trail emergency. Toilet paper is crew gear so only small personal amounts are needed.

Repair Kit: In case any part of a Scout's gear is broken, the repair kit should be able to fix it. A repair kit should include a tent pole "splint", spare backpack hip-belt buckle, a few (3) zip ties and some (12 inches) duct tape. Small patches and glue are good to have for an inflatable sleeping pad.

Smellables Bag: A smaller stuff sack for personal smellables, to be put up in bear bags overnight.

What I pack:

Pillow: A small inflatable pillow designed for backpacking.

Sock liner: thin under-socks for those that need extra blister prevention

Pack liner: a sturdy, trash-compactor sized bag to provide weatherproofing.

Chair: a small, packable chair designed for backpacking (e.g. REI Flexlite, Helinox Zero)