

Backpacking Equipment List

Basics:

- Backpack
- Sleeping bag (40 degree is fine)
- Sleeping pad
- Flashlight or headlamp
- Pocketknife
- 4 liters water
- Personal first aid kit
- Toiletries kit
- Sunscreen and lip balm
- Toilet paper
- Compass

Cooking / Food:

- Mess kit (cup, fork and spoon)
- Food for 1 hot breakfast (freeze-dried recommended)
- Food for 2 cold lunches (tuna packets, jerky, trail mix, energy bars, dried fruit)
- Food for 1 hot dinner (freeze-dried recommended)
- Snacks

Clothing:

- Hiking boots or shoes
- Lightweight jacket (synthetic)
- Poncho or lightweight rain jacket
- 2 tee shirts (synthetic)
- 2 pair socks (synthetic or wool)
- 2 pair underwear
- 1 pair lightweight pants (not jeans)
- 1 pair shorts
- Hat
- Sleepwear
- Bandana

Troop will Supply:

- Tents (shared)
- Stoves, fuel and matches
- Bear bags and rope
- Water filters
- Troop First Aid Kit
- Map