

Nira Backpacking Equipment List

Basics:

- Backpack (internal or external frame)
- Warm sleeping bag (expect 30 degree nights)
- Sleeping pad
- Flashlight or headlamp
- Pocketknife
- 2 two-liter water bottles (full)
- Personal first aid kit
- Small toiletries kit
- Sunscreen and lip balm
- Small roll of toilet paper
- Compass

Cooking / Food:

- Durable cup
- Durable utensils (fork and spoon)
- Food for 1 hot breakfast for yourself only (freeze-dried recommended)
- Food for 2 cold lunches for yourself only (jerky, trail mix, energy bars, nuts, dried fruit)
- Food for 1 hot dinner for yourself only (freeze-dried recommended)
- Trail snacks for yourself only

Clothing:

- Hiking boots or shoes
- Warm jacket
- Lightweight jacket
- 1 long sleeve shirt (synthetic)
- 1 tee shirt (synthetic)
- Poncho or rain jacket
- 2 pair socks (synthetic or wool)
- 2 pair underwear
- 1 pair lightweight pants (not jeans)
- Hat for sun protection
- Knit hat (beanie)
- Gloves (if desired)
- Sleepwear
- Bandana

Troop will Supply:

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