

# Backpacking Equipment List

## Scout

### Food

- Stuff sack for food only (about 7 inch x 14 inch), this is the smellable bag for the bear bag
- Food for yourself
- Water bottles, Nalgene
  - (4 liters of water total, 2 liter soda bottles are fine, bottles must be leak proof)
- Small water squirt bottle or Camelback or Platypus (to drink from while hiking on trail)
- Spoon (metal)
- Cup (metal sierra cup, cook, eat and drink from this)
- Cooking Stove (optional, the adults will bring this and you can share)

### Sleeping

- Mummy sleeping bag (25 degrees or better, put mummy bag in a plastic trash compactor garbage bag then in stuff sack to keep dry)
- Tent (backpacking - 5 pounds or less, share with another scout)
- Pillow cover (fill with clothes at night to sleep on)
- Ski hat (for night)
- Wool or polar fleece socks (for sleeping only)
- Closed foam pad (pad under sleeping bag)

### Clothes

- Stuff sack (for clothes)
- Troop green Tee-shirt, same shirt each day
- Socks (one pair for each day)
- Underwear (one pair for each day)
- Polar Fleece jacket
- Hiking boots or sneakers (only bring one)
- Hiking shorts
- Quick dry long pants (to wear at night when it is cold)
- Sun hat (for day),
- Long underwear (top and bottoms, must have these) (to wear at night when it is cold)
- Gloves (optional for cold weather)

### Personal

- Compass (optional)
- Hiking Stick (optional)
- Toothbrush, toothpaste (optional)
- Plastic whistle (optional)
- LED headlamp, Pocket knife small
- Backpack and straps or rope to tie equipment to backpack
- Poop Kit (plastic shovel, toilet paper, small baggies with twist ties)
- Personal First Aid Kit (in a small baggie)

Although we sometimes use deodorant at home, we leave it behind when we backpack. We want the animals to be able to tell that HUMANS are coming into the area, not enticing fruits and other non-human fragrances.

The goal is Zero Impact---Pack it in, pack it out---Leave only footprints, take only pictures, kill only time and pick only your nose.