

## **Backpacking I**

### **Backpacking Equipment List** (Trainers will bring items marked with \*)

#### **Food** (Trainers will supply the food for Campference)\*

- Stuff sack for food use only (about 7 inch x 14 inch)  
(this is also the smellable bag for the bear bag)
- Water Bottles (4 Liters total, can be 2 liter soda bottles)
- Water Bottle squirt (to drink from while hiking on trail)
- Spoon (metal)
- Cup (stainless steel sierra cup) (use this as your plate and your cup)

#### **Troop** (Trainers will supply these items for Campference\*)

- Leave No Trace Campfire Kit (aluminum foil, starter log, lighter)\*
- Emergency Blanket\*
- Night Orienteering Kit (reflectors, paper, pen)\*
- Two Ropes 50 feet each, ie. Para-cord (this is the bear bag rope)\*
- Trail Worship book (optional)\*
- Backpacking stove (lightweight)\*, Fuel for stove (isobutane) and lighter \*
- Map topo\*, Compass\*

## **Sleeping**

- Mummy sleeping bag (25 F or better, 4 lbs or less)
- Tent (backpacking - 5 pounds or less, share with another person)
- Pillow cover (fill with clothes at night to sleep on)
- Therm-a-Rest air mattress (optional)
- Closed cell foam pad (pad under sleeping bag)

## **Clothes**

- Stuff sack for clothes
- Tee-shirt, bring only one, wear same shirt Saturday and Sunday
- Socks (one pair for each day)
- Underwear (one pair for each day)
- Light jacket ie. Polar fleece jacket
- Hiking boots or sneakers (bring only one pair)
- Shorts one pair only
- Long pants (lightweight quick dry, for night time)
- Sun hat (use hiking)
- Long underwear (top and bottoms for night time)
- Ski hat (for night time)

## Personal

Hiking Stick (optional) (great for going uphill and downhill for adults)

LED headlamp or small flashlight

Toothbrush (optional), Pocket knife (optional), Whistle

Backpack (internal or external--your preference--but make sure it has a really comfy, padded hipbelt and padded shoulder straps)

Straps or rope to tie equipment to backpack

Poop Kit (plastic shovel, toilet paper, baby wipes, and sanitary supplies like tampons or pads Enough in case you have your period the entire time you are backpacking and Heavy Duty Freezer Ziplock bags--about 5 of these for storing your TP, your wipes and sanitary items)

First Aid Kit (in a small zip lock bag) Band-Aid Advanced Healing Blister bandages. You use this BEFORE a warm spot turns into a blister. You use Moleskin or Second Skin if a blister has already formed.

Leave the hair spray and other "smell good" products at home! They attract bees and other stinging insects!!! Use non-scented products when backpacking so that you do not attract wild animals or insects.

Although we sometimes use deodorant in base camp, we leave it behind when we backpack. Daily washing and keeping clean will minimize our body odors (with non-scented products). We want the animals to be able to tell that HUMANS are coming into the area, not enticing fruits and other non-human fragrances. This includes sunscreen.

The goal is Zero Impact    Pack it in, pack it out    Leave only footprints, take only pictures, kill only time.

Partial list of backpacking equipment stores.

**REI**

1405 West Southern, Tempe AZ (Southern & Priest)  
Telephone 480-967-5494

12634 N Paradise Village Pkwy (west of Paradise Valley Mall)  
Paradise Valley, AZ  
Telephone 480-996-5400

Web Site: [www.rei.com](http://www.rei.com)

**The Wilderness Tactical Products**

Wilderness Plaza  
1608 W. Hatcher Rd., Ste. 4  
Phoenix, AZ 85021 (great for repair work on camping equipment)  
Questions/inquiries: 602/242-4945  
Toll free order line: 1-800/775-5650

Open 10:00 a.m. to 6:00 p.m. weekdays, closed Saturday and Sunday,  
Web Site: [www.thewilderness.com](http://www.thewilderness.com)

**Arizona Hiking Shack**

11649 N. Cave Creek Rd (1/4 mile south of Cactus on Cave Creek Rd)  
Phoenix, AZ 85035  
Telephone 602-944-7723

**Sportsman's Warehouse**

19205 North. 27th Ave (I17 & Yorkshire) and other locations  
Phoenix, AZ 85027  
Telephone 623-516-1400

**Bass Pro Shops**

1133 North Dobson (202 and 101 near Tempe Town Lake)  
Mesa, AZ 85201  
Phone: 602-606-5600

**Sport Chalet**

2501 W Happy Valley Rd (I17 and Happy Valley Road)  
Phoenix, AZ 85027

2650 E Germann Rd  
Chandler, AZ 85249

8690 E Raintree Dr  
Scottsdale, AZ 85260

**Cabela's**

9380 W Glendale, AZ 85305 (Loop 101 and Glendale Road)

623-872-6700  
Monday - Saturday  
8 AM - 9 PM  
Sunday  
10 AM - 6 PM

**Summit Hut**

5045 E. Speedway  
Tucson Arizona 85712  
Telephone: 800-499-8696 or 520-325-1554

605 E. Wetmore  
Tucson, Arizona  
Telephone (520) 888-1000

Web Site: <http://www.summithut.com>

**Babbitt's Backcountry Outfitters**

12 East Aspen Ave.  
Flagstaff, AZ 86001

Telephone: (928) 774-4775

Web Site: <http://www.babbittsbackcountry.com/index.asp>

**Grand Canyon Village General Store** (has some GoLite equipment)

Grand Canyon  
South Rim Village  
Open daily 8:00 am - 7:00 pm

**Peace Surplus**

14 West Route 66  
Flagstaff, AZ 86001  
Telephone 928-779-4521

Web Site: <http://www.peacesurplus.com>

**Manzanita Outdoor**

1841 E. Highway 69  
Prescott, AZ 86301  
928-778-0980

Web Site: [www.manzanitoutdoor.com](http://www.manzanitoutdoor.com)