

Troop 414 Personal Backpacking Equipment Guide

(S) = Share with buddy, (A) = Easily accessible in pack or carried on person

Gear Supplied by Troop 414 or patrol

- Tent with poles (one per two Scouts) plus footprint (waterproof ground cloth, 1 per tent)
- Food – lightweight, dehydrated, all stored in Zip-Loc bags
- Trail Stove and white gas in canister (one per patrol; fuel bottle should be in a Zip-Loc bag), plus Cooking pot(s) with lid
- Water purification filter system (tablets or filter) and Steri-pen UV filter

BackPack

- Backpack with padded hip strap: Either a good quality internal or external frame pack with hip strap.
- Pack cover--waterproof nylon (recommended); can use 40-gallon contractor bag
- 2 or 3 extra Zip-Loc storage-type bags.

Sleeping

- Sleeping bag in stuff sack lined with or put into a plastic trash bag (a synthetic 20 degree bag is recommended)
- Straps to hold sleeping bag & foam pad on pack
- Foam sleeping pad: An inexpensive closed-cell foam pad 20-inches wide will do just fine. This goes under your sleeping bag to insulate you from the cold ground.

Clothing

- Hiking boots--well broken in; do not recommend "all leather" boots
- Crocks or lightweight sneakers or tennis shoes (optional, nice in camp)
- Sleep clothes--worn only in sleeping bag (T-shirt and gym shorts)
- 2 pair heavy wool socks (extra pair in case one pair gets wet)
- 2 or 3 pair liner/inner socks (polypro or silk)
- 1-2 pair underwear (synthetic, quick dry are best)
- 1 hiking shorts
- 1 long pants, synthetic material – "switchback" pants are best for more options
- 1 long sleeve shirt (synthetic best; wool or flannel work but heavy)
- 1 short sleeve shirt (wicking material, not nylon)
- 1 sweater or light jacket (fleece is good)
- 1 hat or cap--flexible, with brim
- 1 sturdy rainsuit
- If very cold weather consider bringing: stocking cap, mittens, lightweight silk/synthetic long-johns (pants and/or shirt)

Eating

- Deep bowl (Lexan bowls are cheap and work well)
- Cup (measuring style) that can hold hot or cold fluids
- Spork (combo fork/spoon)
- 2 or 3 1-L water bottles (A); Bring 4 1-L bottles if limited water access
- Carabineer to hang water bottle from pack if desired
- Extra stirring/serving spoon for group meal prep (e.g. to serve dehydrated foods)
- Hot pad to handle hot pot, stove, or dehydrated food pouches containing hot water
- A few paper towels for cleaning up messes

Personal and Miscellaneous (group items together in plastic bags)

- Basic first aid kit: moleskin, molefoam, cloth band-aids, alcohol prep pad, hand sanitizer cloth, nebulizer or other special medications
- Small pocketknife (A)
- Matches or lighter in waterproof container (A)
- headlamp (with one extra set of new batteries) or small flashlight
- Compass (A)
- Whistle
- Money
- Lip balm (A)
- Soap, biodegradable preferred (S)
- Toothbrush/toothpaste
- Small towel (chamois type towel is best)
- Sunscreen at least 15 SPF (S)
- Insect repellent--not aerosol (s)
- Toilet paper (S)
- Pocket Bible (highly recommended!)

Optional

- Camera
- Sunglasses
- Watch
- Note pad and pen

Glass and Aerosol Containers

- No glass containers should be carried on the trail -- Glass breaks easily
- Aerosol cans are bulky and may spew forth in packs; if bringing an aerosol can put it in a Zip-Loc bag and store it vertically in the backpack. Some locations do not allow aerosol products.