

Troop 166 Equipment List for Backpacking

PACKING

- ___ Pack with padded hip straps
- ___ Pack cover - waterproof nylon or 2 large plastic bags
- ___ Zip Lock plastic bags to pack clothes

SLEEPING

- ___ Sleeping bag in waterproof bag lined with plastic bag
- ___ Sleeping clothes only to be worn in the sleeping bag (For a 1 night trip use next day's clothes for sleeping)
- ___ Straps to hold sleeping bag on pack
- ___ Foam sleeping pad (closed cell or Thermo-rest type)

CLOTHES (Total including items worn) – Avoid Cotton

Layer A - Hiking Clothes

- ___ Hiking Boots, well broken in
- ___ Light weight sneakers or tennis shoes
- ___ 2 pairs heavy socks (wool/wool blend or poly blend)
- ___ 2 pairs of lighter inner socks (polypro)
- ___ 2 underwear
- ___ 1 hiking shorts
- ___ 2 short sleeve Tee shirts
- ___ 1 hat or cap - flexible with brim

Layer B (Cool evening)

- ___ 1 long sleeve shirt
- ___ 1 zip-off pants
- ___ 1 pair insulated underwear (polypro)

Layer C (Cold)

- ___ 1 sweater or jacket (wool or polar fleece)
- ___ 1 stocking cap
- ___ 1 glove liners or mittens (wool or polypro)

Layer D (cold, wet, windy)

- ___ 1 rain suit – with pants

EATING

- ___ Deep bowl (small, plastic)
- ___ Cup (measuring type)
- ___ Spoon / Spork
- ___ 3 or 4 quarts water (Combination of bladder and water bottles - Nalgene etc. Don't rely on disposable bottles)

PERSONAL & MISCELLANEOUS

- ___ Bandanna or handkerchief
- ___ Flashlight or LED headlamp (small)
- ___ Insect repellent (not aerosol)
- ___ Minor First Aid items
- ___ Moleskin
- ___ Small pocketknife
- ___ Small towel
- ___ Soap, biodegradable
- ___ Sunscreen
- ___ Toothbrush
- ___ Toothpaste

OPTIONAL

- ___ Camera
- ___ Compass, liquid filled
- ___ Ditty Bag
- ___ Fanny Pack
- ___ Foot Powder
- ___ Lip Balm
- ___ Note pad and pen
- ___ Sunglasses
- ___ Watch, inexpensive
- ___ Whistle

Notes

- This list is for a 1-2 night trip – Spring/Summer/Fall
- The list includes the items you wear as well as the items in your pack
- Pack light. You will also be carrying your share of the group equipment.
- No 100% cotton clothing. Wool and Poly are great. 50-50 poly/cotton blends are ok
- Smartwool and Thorlo are two companies that make suitable socks.
- Sleeping bag should be rated at least 10-15° less than anticipated nighttime low temperature. Look for compressible bags with synthetic insulation.
- Ponchos will not provide wind protection – you need a rain jacket