

# 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