

## Personal Gear List - Backpacking

### Health and Safety

- Signed permission slip (collected before trip)
- Medication: labeled and given to First Aider

### Basics

- Backpack with raincover
- Water bottle (lightweight)
- Small Flashlight or Headlamp, spare batteries
- Plastic bags for wet/dirty clothes
- Pocket Knife
- Map and Compass
- Small first aid kit (include foot care)
- Sun protection (sunglasses, sunscreen)
- Matches or lighter, tinder (waterproof)
- Backpacking tent (can be distributed)
- Whistle
- Non-aerosol bug repellent

### Sleeping Systems

- Insulation layer (closed cell foam pad)
- Sleeping bag or sheet (sized for the expected temperature of where you will be hiking)
- Pajamas (two piece like shorts and a t-shirt)
- Warm hat (optional)

### Eating Equipment

- Backpacking stove and fuel (can be shared)
- Backpacking cook set (can be shared)
- Water purification (can be shared)
- Meals (can be shared)
- Energy food (bars, gels, chews, trail mix)
- Unbreakable cup
- Knife, fork, spoon (unbreakable)

### Toilet Kit

- Toothbrush, toothpaste
- Washcloth, small towel, biodegradable soap
- Brush, comb, safety pins, ponytail holders
- SPF-rated lip balm
- Toilet paper and sealable bag (to pack out)

### Clothing Essentials

- Hiking boots, well worn in and comfortable
- Rain gear: poncho or rain suit, boots, hat
- Lightweight fleece or jacket
- Moisture-wicking underwear
- Quick-drying long pants or shorts
- Moisture-wicking t-shirts
- Long-sleeve shirt (for sun, bugs)
- Socks (synthetic or wool)
- Bandannas (2)

### Add for Cold Weather Backpacking

- Thermal underwear (preferably not cotton)
- Warm, insulated jacket or vest
- Fleece pants
- Warm hat (mandatory)
- Mittens or gloves

### Add for Swimming Events

- Water shoes/old sneakers
- Towel
- Swim suit, sun hat

### For Adults

- Cell phone/camera/chargers
- Key, combination, or other access to campsite
- Alarm clock or watch

### Helpful Hints

Dress in layers and avoid cotton clothing

Keep your equipment weight as low as possible

Pack only as much consumables as you need (i.e. you don't need a 12oz bottle of sunscreen)

Be sure to leave some room in your pack for troop equipment (tent, food, water purification, etc.)

Pack with first-used items on top of your pack

Shoes must be worn at all times

Pack and keep clothes in plastic bags at all times

Line backpack with plastic bag

No electronics! We are there to enjoy nature.

**REMEMBER: An ounce in the morning is a pound at night! Pack light!**