

Troop 38 – Backpacking Gear and Food List (2 night trip-short trip)

When backpacking, you must be prepared for all that can occur. There are usually no buildings or cars nearby for shelter. Conditions can turn cold, wet and windy. Being properly equipped for a wide range of weather conditions is essential for your safety. Waterproof and windproof outer jackets and pants are essential. Because cotton absorbs water and loses its insulating value when wet, it is extremely important that your clothing is NOT cotton. Cotton will get wet from sweat and rain and takes a long time to dry. Clothing must be synthetic, wool, or a blend of both. Inexpensive synthetics are available at Walmart and other stores. Cotton is also heavier than synthetics and takes up more room in the pack.

You must bring all required items on this list. Bring only those optional items you think you will need. Keep in mind that you will be carrying your own gear as well as a portion of the group's gear. You will want to minimize the size and weight of items in order to keep your pack weight low. It is important to keep your clothing and gear dry for warmth, comfort and safety. Pack your clothing and gear in plastic trash bags and/or sealable storage bags.

Equipment		Quantity	Comments	✓
PERSONAL GEAR				
Backpack	Required	1	A properly fitted technical pack with a waist strap. Large enough for your own gear with extra room for group food and gear.	
Pack cover or liner	Required	1	Waterproof pack cover and/or inside waterproof liner. Large sized trash bags are good inner liners.	
Sleeping bag with compression stuff sack	Required	1	3-season (rated to 40 degrees or lower) mummy sleeping bag, preferably with synthetic fill. The compression stuff sack for your sleeping bag should be waterproof or your pack should be lined with a plastic trash bag.	
Sleeping pad	Required	1	Closed cell foam or self-inflating air mattresses. A closed cell ¾ length foam pad is lighter and will not leak. Bring repair kit for self-inflating air mattresses.	
Headlamp	Required	1	Headlamp is preferred, but small flashlight is acceptable. Install a fresh set of batteries and bring spare batteries.	
Hydration System	Required	1-2 liters	Bottle(s), hydration bladder, or a combination of both with the capacity to carry 1-2 liters of water while hiking.	
Eating System	Required	1 set	Cup and/or bowl and utensils (spork) for eating meals.	
Bandana	Required	1	For sun protection, cleaning, general use.	
Toiletries	Required	Minimum	Personal items, kept to a minimum amount. Remember, ounces add up to pounds when backpacking. Use travel sizes when possible for toothbrush, toothpaste, hand sanitizer, biodegradable soap.	
Sunscreen	Required	1	Lotion or spray (may also want Chapstick).	
Bug Repellent	Optional	1	Recommended.	
Compass	Required	1	A compass with a plastic rectangular base.	
Pocket Knife	Required	1	Small pocketknife or multi-tool.	
Whistle	Required	1	Plastic for cold weather and keep handy at all times.	
Toilet paper	Required	1	Small roll and several sealable plastic bags to carry out used toilet paper.	
Extra trash and Ziploc bags	Required	1-2	For pack lining, keeping clothes/gear separate and dry, packing trash out, etc.	
Scout book and pen or pencil	Required	1	To use for reference and get requirements signed up. Keep it in a Ziploc bag.	

Hiking poles	Optional	1	Trekking poles or a walking stick aid with balance and can help to distribute the weight of your load between your legs and arms. These can be an invaluable tool for river crossings.
Paracord	Optional	1-50 ft	Has multiple uses and benefits for repairing items and hanging wet clothes.
CLOTHING (including what you're wearing)			
Hiking boots or trail shoes	Required	1	Properly fitted, waterproof, and broken in. No sneakers.
Hiking socks	Required	3 pairs	Wool or synthetic, (or a blend of both) medium cushioned crew socks. No cotton socks!
Sun hat	Required	1	Quick drying brimmed hat or baseball cap.
Warm hat	Optional	1	Wool or fleece hat that will cover the ears. It can get chilly at night.
Gloves/mittens	Optional	1 pair	Wool or synthetic mittens, gloves or glove liners.
Sunglasses	Optional	1	
Underwear	Required	1-3	Non-cotton. Wear boxer brief style if you have trouble with chafing.
T-shirts	Required	1-2	Quick-drying synthetic shirt to wear while hiking. Short or long sleeve.
Shorts or pants	Required	1-2	Quick drying nylon or other synthetic blend.
Swim suit and lightweight towel	Optional	1	Or quick drying clothes. There may be opportunities to get wet.
Base layer	Optional	1 set	Depending on weather - synthetic or wool long underwear top and bottom.
Insulating layer	Required	1	Wool, fleece, or similar synthetic insulating layer for your torso, such as, pullover, jacket or vest.
Waterproof jacket (with hood) and pants	Required	1 set	Waterproof and windproof outer shell jacket and pants.
GROUP GEAR (provided by the troop, carried by all)			
Tents	Required		For Scouts. Adults will bring their own tents.
First aid kit	Required	1	A comprehensive first aid kit.
Stoves, fuel, pots, matches	Required		Group jetboil, personal jetboil and MSR stoves.
Water purification	Optional		Group and individual filters
Rope and carabiner	Optional		50 ft of nylon rope or paracord for hanging a bear bag.
Food bags	Optional		Bags to hang food.
Maps	Required		
Trowel and hand sanitizer	Required	1	
Health forms	Required		
FOOD			
For most of our weekend backpacking trips, you're responsible for your own food except for Saturday night dinner. You will cook Saturday night dinner as a patrol. For other meals, you can work with others to share meals and snacks. Most beginner backpackers bring too much food. Think about what you could possibly eat in the time that you're on the trail. Too much food adds to the weight of your pack. See suggested food items on the Backpacking Food list.			

Troop 38 - Backpacking Food Suggestions

Here are some examples of the things you can eat on backpacking trips. The goal is to be well-nourished without carrying a lot of weight. You may also want to choose the items that are quick to prepare and require minimal cleanup. If you cook it and don't eat it, you need to carry it out. So, make sure you don't make too much. You will be responsible for your breakfast, lunch and snacks. We will have group dinners. Do not bring entire boxes of items. Measure out your ingredients and put them in Ziploc bags. Put crackers and other crushables in plastic containers.

Breakfast

- Dehydrated fruits
- Instant oatmeal/Cream of wheat (packets)
- Breakfast bars
- Cold cereal, granola
- Dry milk (packets)
- Precooked/sealed bacon
- Instant breakfast drink

Snacks/Lunch

- Bagels, pitas, crackers, tortillas
- Peanut butter, jelly, honey, hummus, tuna, cheese, mustard, salsa
- Beef Jerky, pepperoni, salami
- Trail Mix, nuts, dehydrated fruits
- Carrots or other hard vegetables, apples, oranges
- Granola bars, energy bars, pretzels
- Hard candy/lollipops (in addition to healthy foods)
- Dry soup mixes (ramen)

Dinner (choose items with minimal cooking times and ingredients)

- Pasta or rice (rice is especially good since it soaks up all the water – minute rice takes less time)
- Ramen noodles
- Instant mashed potato
- Other dried foods and dehydrated packaged foods
- Sealed tuna or chicken packets or cans (to add to pasta/rice)

Other things to bring

- Powdered drink or hot chocolate mixes
- Seasonings (salt, pepper, ketchup, hot sauce)
- Napkins/paper towels (or a bandana)
- Ziploc bag for trash