

## **Backpacking Personal Gear List**

### Packing

backpack with padded hip belt (internal or external frame)

pack cover – waterproof nylon

Ziploc plastic bags (gallon size) – six to twelve for packing clothing

### Sleeping

sleeping bag in stuff sack (lined with a plastic bag) – sleeping bags should be appropriate for the temperature at which we will be camping. Most camping bags have a temperature rating.

sleep clothes – worn only in the sleeping bag (t-shirt & gym shorts or sweats)

straps to hold the sleeping bag on the pack

foam pad – compact enough to easily strap to pack or carry inside the pack

Clothing – amount of clothing is dependent on the length of the trip and the weather

hiking boots (well broken in)

lightweight camp shoes (must be closed toed)

heavy socks – wool or synthetic

liner socks (worn under the heavy socks) – synthetic wicking material

underwear

pants or shorts – depending on the weather

belt

outer shirt – long or short sleeve depending on the weather

t-shirt

hat

rain suit (these work better than ponchos while backpacking)

### Cold weather clothing

insulated underwear

jacket or fleece pullover

stocking cap (also works well overnight in cold weather)

gloves or mittens

### Eating

small plastic bowl

cup – appropriate for hot and cold drinks

spoon or spork

one liter Nalgene water bottle – have at least two water bottles while backpacking

### Personal equipment

pocketknife or multi-tool

lighter or matches in a waterproof container

flashlight or headlamp

orienteering compass  
handkerchief or bandana  
Chapstick/sunscreen  
insect repellent – when appropriate  
biodegradable liquid soap  
toothbrush/toothpaste – small and packable  
deodorant – where appropriate  
personal first aid kit  
small camping towel (quick dry towels are best)  
small bag or ziplock to place personal items in the bear bag  
Prescription or over-the-counter medication, rescue inhalers, epi-pens, etc. (Adult leaders should always be informed of any medication required by a scout. This is especially important if the scout is unsure or unable to self-medicate)

### Optional items

sunglasses  
camera  
watch  
camelback water container

There are other items that may be brought to help pass the time or make the trip more enjoyable. Please use common sense in deciding what is appropriate to bring. For example, a hardback book might be enjoyable to read on the trip but it will also add unnecessary weight to the pack. Since all gear must be carried on the scout's back, take the weight of the object into account when deciding if it is absolutely necessary.

### What NOT to bring

Food  
Hammocks  
Electronic devices (the exception to this is if we are traveling a long distance. Games or music players must be used with headphones so as not to disturb the driver and others. Upon arrival at the campsite, all devices will be locked in a vehicle)  
Cell phones (Adult leaders will have phones if parents or scouts need to be contacted)  
Sheath knives  
Large sums of money or expensive non-camping items  
Any material of an offensive or inappropriate manner  
Any material specifically prohibited by the Boy Scouts of America (i.e. tobacco, alcohol, drugs, fireworks or other dangerous items)