

BACKPACKING GEAR LIST

This list does not include what you are wearing when we start backpacking or any other items that you bring for Friday night and Sunday. You should pack those "normal" campout items in a separate bag from your backpack. As always, we will travel to and from the campout in our Class A shirts. Clean pants/shorts for the trip home should NOT be in your backpack.

You MUST have:

In your backpack:

- Change of clothes:
 - Pants (NOT sweatpants)
 - T-shirt
 - Long-sleeve shirt
 - 1 pr. Underwear
 - Double extra socks (if you're wearing one pair, pack 2; if you're wearing 2, pack 4)
- Sweatshirt
- Medium weight jacket
- Sleeping clothes
- Knit hat
- Gloves/liners
- Extra boots/tennis shoes (will depend on the weather, bring both, pack one)
- Toiletries - toothbrush, toothpaste (small tube or share), washcloth, soap (small or share)
- Bowl, plate, fork, spoon, cup (Bowl is required, plate is optional)
- Sleeping bag

} (Plan to wear one and pack one per the weather)

} (per the weather)

Packed in outside pockets, easy to reach, or in pants pockets:

- Small supply of toilet paper and zip-loc bag for 'used'
- Rain gear
- 4 plastic grocery bags
- Small first-aid kit
- Whistle
- Compass
- Flashlight (2 small are lighter than one large, 'D' batteries are heavy!)
- Spare batteries and bulb
- 2 Water bottles (must fit in pack pocket or on belt)
- Pocket knife
- Matches or lighter

You MAY pack/bring:

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Pack cover | <input type="checkbox"/> Binoculars | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Walking stick | <input type="checkbox"/> Cards |
| <input type="checkbox"/> Multi-tool | <input type="checkbox"/> Chapstick | <input type="checkbox"/> Frisbee (a great seat) |
| <input type="checkbox"/> Scout book | <input type="checkbox"/> Lotion | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Field book | <input type="checkbox"/> Bandana | <input type="checkbox"/> Book |

You MAY NOT pack or bring for backpacking:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Regular pillow | <input type="checkbox"/> Canteen |
| <input type="checkbox"/> Chair | <input type="checkbox"/> Sweat pants |
| <input type="checkbox"/> Bulky coat | |

BACKPACKING NOTES

What to wear:

- * Pants - not sweatpants, lightweight is good, jeans OK if not raining
- * T-shirt
- * Long-sleeve shirt - this should be a flannel or other button type shirt so you can roll up the sleeves and unbutton the front for ventilation
- * Liner socks (help fight blisters)
- * Socks that fit comfortably in your boots
- * Comfortable sturdy boots - these must be well broken in!
- * Sweatshirt or medium weight jacket - you may not need this depending on the weather
- * Ball cap

Packing tips:

- * Zip-loc bags are good for packing clothes and other gear. They keep things dry and organized. Don't zip them all the way closed though or they'll hold air and take up more room.
- * If you don't have a pack cover, line the inside of your main compartment(s) with a heavy duty plastic garbage bag. Put a plastic bag inside your sleeping bag stuff-sack. If you roll your sleeping bag, cover it with at least 2 plastic bags - it's best if you can find a nylon bag or duffel that it fits inside of though.
- * Use lashing straps (they're cheap), not bungee cords or rope, to attach items to your pack.
- * Make sure there are no loose, flapping items on the outside of your pack. After several miles of them banging each time you step, you'll feel like they're beating you to death!
- * Plastic silverware and a plastic bowl weigh less than metal.
- * A Frisbee makes a good seat, plate or bowl, is lightweight and is also fun in camp!
- * Don't forget there are items you will have to carry that aren't yours - tent parts, food, cooking gear, emergency stuff, etc.

On the trail:

- * Don't walk around muddy spots or rocks on the trail. You'll contribute to the widening of the trail and the destruction of more nature.
- * Follow instructions for how to go to the bathroom in the woods. This is important! We want to 'Leave No Trace'.
- * Stay with your buddy at all times.
- * Backpacking is an aerobic activity - your heart will beat faster, your breathing will become heavy, etc. It will seem hard at first but should become easier as your body adjusts to the extra work. Try not to stop walking just because you are feeling tired or winded. Chances are you'll feel better in 10 or 15 minutes.
- * If you have to stop, make sure you or your buddy tells the people in front of you and that the message gets to the front of the group. The whole group must stop. Try not to stop too often!
- * But stop immediately if you feel 'hot spots' or sore spots on your feet! These are blisters starting to form and we can stop their progress if we catch them early. You can't backpack without your feet!
- * When we do stop, don't take off your pack. Lean back against a tree or a rock or bend over at the waist to lighten the load some. Your shoulders and hips will adjust to the pack - when you take it off they have to adjust all over again!
- * Your pack is adjustable. If you feel you need to make adjustments while on the trail, try to do it without stopping. Have your buddy help you.
- * Drink plenty of water but only a sip at a time. 2 water bottles should last you all day in cool weather. Too much water will give you stomach cramps but too little will cause muscle cramps. Eat your trail snacks slowly, over the whole day. Don't get too full!
- * 2 of the plastic grocery bags on the list are your waterproof socks. If it starts to rain, put them on over your socks, inside your boots. Make sure you loosen your boot laces and that the tops of the bags are inside your pant legs.
- * The other 2 grocery bags are for packing wet clothing and can be used to sit on, too.