

## Troop 1600 Backpacking List

### Overall Guidelines:

- 1) Pack as light as possible. Pack things in zip lock bags to keep them dry
- 2) Everything must be in or attached securely to your back pack. You can use an internal frame or external frame pack.
- 3) Remember you need room in your pack to carry troop gear (tents, back pack stoves, pots, etc.)
- 4) It is a good idea to have a pack cover to keep your pack dry in case it rains

### What to wear:

- Sturdy hiking boots with ankle support
- Wool or wool blend socks
- Thin liner socks if you have them
- Pants and shirt appropriate for the time of year. Avoid 100% cotton and dress in layers
- Cap or hat (optional)
- Watch (so you don't have to ask your leaders what time it is)

### Personal Items (1-2 night stay):

- Sleeping Bag – small and as light as possible. The sleeping bag should be in a stuff sack and attached securely to your pack
- Sleeping Pad (optional). Pad needs to be attached securely to your pack
- Poncho or rain suit – pack this so that it is handy near the top of your pack
- One change of clothes and 2 extra pairs of socks. It would be a good idea to pack your clothes in a waterproof stuff sack or zip lock bags. There won't be room for your entire backpack in the backpacking tent.
- Jacket, sweatshirt, or fleece
- Eating gear – you don't need a full mess kit – bring a bowl, a cup, and a spoon
- Pocket knife or multi-tool
- Flashlight or headlamp
- 3 1-liter water bottles with fresh batteries
- A partial roll of toilet paper flattened and in a zip lock bag.
- Tooth brush and small sized tooth paste
- Small note book and pencil (you don't need to carry your scout book on a backpacking trip)
- Compass