

REQUIRED EQUIPMENT FOR ONE or TWO-NIGHT FALL BACKPACKING TRIP

Camping Gear

Frame backpack (properly fitted), interior frame is more compact, exterior frame is more versatile

Waterproof backpack cover

Large plastic bags to keep belongings dry (The supermarket has 2.5 gal Hefty Ziploc bags that are fine)

Sleeping bag – appropriate for the conditions. Generally need a 20°F bag (or better), new synthetic fibers generally better than goose down, especially if it's wet.

Sleeping pad – self-inflating air mat (e.g., Therm-A-Rest) or closed cell pad

NO PILLOW – use your sleeping bag sack stuffed with a jacket or fleece

Rope (strong cord, nylon, 20 feet)

Extra plastic bags for garbage

Tent and ground cloth – personal or troop-owned, or

Light weight tarp and ground cloth instead of a tent

Personal Equipment

Personal first aid kit (small) and personal medications

Soap, towel, tooth brush and paste (try to get one of the light weight, high absorbent towels in the camping stores)

Flashlight (with extra batteries) – may prefer head lamp and also tent lamp

Fire-starting materials (waterproof matches and wax fire starters. A lighter is also good. May try flint & steel and tinder, but don't add unnecessary weight.)

Pocket knife (e.g. Swiss Army-type)

Watch

Toilet paper (small roll in Ziploc plastic bag)

Compass and maps

Food/water/eating utensils

Bowl (Large, light and unbreakable)

Knife, fork & spoon (get the rugged plastic ones (Lexan) in camping stores, or

Soup Spoon (with a string tied through a hole in handle)

Drinking Cup (Large, light and unbreakable, insulated in cold weather)

Two quarts water - in lightweight unbreakable containers (Nalgene)
Food as directed, plus trail food/snacks), nutritious, no junk food, no glass jars

Clothing

Polypropylene underwear – tops and bottoms, e.g., UnderArmor, PolarTec, - no COTTON ARTICLES IN FALL or WINTER

Light long-sleeve shirt (e.g., nylon – NO COTTON)

Insulating layer – wool or synthetic fleece

Protective Layer - water-proof, breathable outer components – tops and bottoms (e.g. GoreTex). These can get expensive. An alternative is just waterproof rain jackets and pants

Fleece pants (optional, for evenings in camp or for sleeping)

Hat (appropriate for the conditions), preferably wool knit hat

Gloves, as appropriate – e.g., waterproof (GoreTex®) gloves with removable liners, or mittens or lighter wool gloves (NO COTTON)

Socks –1 pair of thin polypropylene or silk socks plus one pair of heavy wool socks (NO COTTON). Bring an extra pair for sleeping in. Always sleep in fresh dry socks.

Proper Footwear (preferably waterproof, but not heavy winter boots). Absolutely NO SNEAKERS

Gaiters, optional, but useful, depending on the terrain

Optional

Treking poles, ski poles or walking stick (especially useful when backpacking)

Camera

Sleeping bag liner - this will help to keep the inside of your sleeping bag clean and provide an extra 10° of protection

Bivy sack – this will keep your sleeping bag clean and dry if sleeping out under the stars

Troop Gear

Plastic trowel or camp shovel

Pack saws (at least one per patrol)

Tents and ground cloths (fitted to tent)

Tarps and ropes – light weight

Pots and lids as appropriate

Cleaning equipment (liquid soap and a scouring pad)

Chain & hook for cooking tripod

Community food as planned
Water purification system
Maps in Ziploc bags
Backpacking stoves and ample fuel
Collapsible water containers (ca. 3 gal)
Extra Toilet paper and garbage bags

Keep all of it watertight & light!!!! No extras

All gear must be packed neatly into a compact backpack. NO TANGLING SLEEPING BAGS or PADS.

Allow extra space in your pack for troop gear that must be shared – food and equipment.

For a two-day trip, allow no more than one change of underwear & socks, in case they get wet.