

Troop 48
Backpacking Personal Equipment List

<i>Required Items</i>	<i>Packed</i>
1st Aid Kit , small, lightweight items in a zipper-top bag.	
Backpack (May borrow from troop.)	
Base Layer: Long underwear, synthetic, 2 pr. (For cold weather trip.) No cotton.	
Eating gear: Cup and bowl, spoon or spork; all lightweight plastic.	
Food: your share of patrol food plus any personal trail snacks like trail mix.	
Gloves / mittens (For cold weather trip.)	
Ground cloth (For placement under sleeping pad.)	
Headlamp or flashlight , small, lightweight (With fresh batteries.)	
Hiking boots, waterproof, sized to wear 2 pr. of socks. (Wear)	
Insulation: Warm jacket or puffy	
Mid-layer: Sweatshirt, fleece or similar (Three layers if cold weather.)	
Matches – 1 book	
Pack cover or large plastic bag as a substitute.	
Pants, extra pair - synthetic or blend (not jeans) or rain / wind pants	
Pen or pencil and sheet of paper	
Pocket knife (If you have passed your Totin' Chip.)	
Rain suit or rain jacket and rain pants	
Scout uniform (To be left in vehicle.)	
Shirt, extras	
Ski cap (For cold weather trip.)	
Sleeping bag (lightweight) in nylon stuff sack lined with a thick plastic bag to make one waterproof sack.	
Sleeping pad E.g., Therm-a-Rest Z-Rest	
Socks, liners – synthetic - E.g., polypropylene, polyester, nylon, etc.	
Socks, second layer - E.g., ragg wool, Smartwool, Coolmax, etc. No cotton.	
Tent or hammock (Troop tents are available and tent buddies will share carrying the parts of the tent.)	
Toilet paper (Less than a quarter of a roll.) Include a few antiseptic Wet Wipes or similar.	
Toiletries: sliver of soap, toothpaste (almost empty), toothbrush, and deodorant	
Troop cap	
Underwear, change of	
Water bottles, two filled 1 quart (32 ounce) containers. (1 personal / 1 community) E.g., Gatorade bttls.	
Shell: Hooded windbreaker, anorak or other type of a shell.	
<i>Seasonal Required Items:</i>	
Insect repellent (For warm weather.)	
<i>Optional Items:</i>	
Buff or Bandanna	
Camp shoes: E.g., sandals, Crocs - lightweight	
Compass	
Hiking staff / trekking pole	
Sunglasses	
Troop T-shirts	
Straps, web with buckle (For attaching sleeping bag, sleeping pad, etc., to pack.)	
Sunscreen (Choose based on season and locale.)	

Cotton clothing is not acceptable for cold weather hiking.

Shaded items may be borrowed from the Troop.
Items in **bold** are 9 of the 10 essentials of hiking.

(Turn OVER for notes.)

Scout's Name: _____ Today's Date: _____

1/15/2021

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Notes:

There are four layers to the 'layering system':

- 1 - Base layer
- 2 - Mid-layer
- 3 - Insulation
- 4 - Shell

- Maximum weight per young Scout is 20% of his body weight. – Scouts will be weighed.
- Borrow as much as you can as we only go backpacking two or three times a year. And Scouts grow.
- Equipment may be borrowed through the quartermaster.

Scout's Name: _____ Today's Date: _____

1/15/2021