

Items to Take on the Trail – Patrol Backpacking Trip

TIP: PUT CLOTHING IN ZIPLOC BAGS AND COMPRESS OUT THE AIR! (Or put in a compression stuff sack) Make changes based upon season.

INDIVIDUAL ITEMS –

- ✓ backpack & cover (compartmentalize all gear in ziploc bags - line with plastic bag)
- ✓ batteries for flashlights (*new*)
- ✓ bowl (deep one for eating - forget the mess kit!)
- ✓ bungee cords or compression straps
- ✓ camp shoes (lightweight - NO SANDALS OR OPEN-TOED SHOES ALLOWED!)
- ✓ chapstick
- ✓ coffee cup (large plastic with handle)
- ✓ dental floss (this is a great emergency repair item!)
- ✓ dirty clothes bag (small plastic)
- ✓ ditty bags for personal stuff (small - helps compartmentalize gear)
- ✓ small day pack/fanny pack for hikes after camp site is set
- ✓ first aid kit (put in small red stuff sack - small personal kit)
- ✓ flashlight / headlamps (2 very small ones with *new* batteries)
- ✓ hat (baseball style hat (wide brim for sun and rain)
- ✓ hiking boots (not new ones!)(use Heavy Duty Water Repellant Spray)
- ✓ jacket or sweater (fleece, wool or Polartec is best)
- ✓ knife (small pocketknife that locks) (sharpen before leaving) (no sheath knives)
- ✓ long johns (polypropylene)
- ✓ matches in waterproof container
- ✓ mesh bag (can be used to dry clothes on backpack while hiking)
- ✓ mirror, small (non-breakable)
- ✓ personal hygiene items (toothbrush, small tube of toothpaste, etc.)
- ✓ rain suit (jacket with hood and zipper legs) (poncho if you don't have one)
- ✓ convertible pants (shorts with zip on/off legs) or other long pants
- ✓ Scout t-shirts shirts (one very lightweight long sleeve and one long sleeve polypropylene)
- ✓ shorts for hiking (2 pair mesh or lightweight synthetic -- only 1 pr. if you have convertible pants)
- ✓ shorts for sleeping (stays in sleeping bag at all times!)
- ✓ sleeping bag rated to at least 30 degrees (20-25 degrees is best) (line stuff sack with a plastic bag)
- ✓ sleeping pad (foam or small thermarest) (**optional**)
- ✓ soap (biodegradable) (Camp Suds)
- ✓ sock liners socks (heavyweight synthetic/wool) (SmartWool is good)
- ✓ stuff sack line with plastic bag (at night, food, toiletries, and other smellables go in here and in the bear bag)
- ✓ sunscreen (at least 15 SPF non-scented) (**share this**)
- ✓ toilet paper (about 1/4 roll) (put in plastic ziploc bag)
- ✓ towel (old & lightweight or super absorbent synthetic)

- ✓ underpants (2 pair CoolMax, nylon or polyester -- no cotton)
- ✓ wash basin (collapsible or use large zipbag) (**optional**)
- ✓ watch with an alarm (especially crew leader!)
- ✓ water bottles, bladder bag or folding water bag (be able to carry 4-5 quarts of water)
- ✓ ziploc bags (one small, one big, and one extra large to wash clothes on trail)

OPTIONAL -

(* Items marked "Optional" are not really needed. They should go only if you have a strong personal need or medical/physical condition)

- ✓ athlete's foot or talcum powder (**optional**)
- ✓ comb / hairbrush (**optional**)
- ✓ gaitors (**optional**) glasses (if you wear them, consider a backup pair or contacts)
- ✓ glasses strap holders (**optional**)
- ✓ medication required on a daily basis plus Tylenol, Advil, or aspirin
- ✓ pillow case (small, stuffed with clothing to use as pillow) (**optional**)
- ✓ razor (use soap to shave) (or grow a beard!) (**optional**)
- ✓ shampoo (use Camp Suds) (**optional**)
- ✓ sunglasses (**optional**) wash cloth (use one of your bandannas instead) (**optional**)

Approximate weight of all shared crew equipment (not including food, water, and tents) is about 72-76 pounds or 6-9 pounds per crew member. Food, water, and shared tents add 14-16 pounds per person for a total of 20-25 pounds per person. Small crews will carry more weight per person.