

Troop 1
Backpacking Personal Equipment List

Gear to bring

- Backpack, with frame
- Plastic trash bag that fits over backpack – or waterproof cover
- Sleeping bag packed in stuff sack
- Sleeping Pad
- Headlamp / flashlight (with fresh batteries)
- Cup, spoon, fork, bowl
- Sunscreen, SPF 15 or higher
- Insect repellent
- Two 1 liter unbreakable water bottles, with water
- Toiletries, including small roll of toilet paper in plastic bag
- Eye glasses if needed
- Sunglasses
- Small pack of band-aids

Please don't bring

- Sheath Knife
- Radio, walkman, any electronic games
- Blue Jeans
- Glass containers
- More food or cooking gear than you and patrol needs

Clothing to bring

- Hiking boots – sturdy, ankle high
- Waterproof outer layer (top and bottom, preferably)
- Poly-pro long underwear
- Wool or fleece jacket or pullover
- Long sleeve shirt (not cotton)
- Long pants (not blue jeans, zip-offs are great)
- Shorts, unless bringing zip-offs
- Underclothing
- Socks (at least 2 pr, synthetic or wool, medium to heavy wt.)
- T-shirt
- Wide-brimmed hat, baseball cap or bandana for day wear

Optional

- Book and/or journal
- Camera and film
- Sneakers, sandals or “Crocks” for wear in the campsite
- Compass
- Swimsuit (on trips with water)
- Watch
- Sock liners