

## Troop 71 Personal Packing List

This is a suggested list of things to consider when packing for a camping/backpacking trip.  
Please use your common sense and take the current weather conditions into account

CLOTHES	SHELTER & SLEEPING	MISCELLANEOUS
<input type="checkbox"/> hiking boots, shoes <input type="checkbox"/> outer socks, extra socks <input type="checkbox"/> liner socks, extras <input type="checkbox"/> underwear <input type="checkbox"/> long/thermal underwear <input type="checkbox"/> cap/hat with brim <input type="checkbox"/> shorts for hiking <input type="checkbox"/> short-sleeve shirt/T-shirt <input type="checkbox"/> long-sleeve shirt <input type="checkbox"/> long pants <input type="checkbox"/> wind/rainproof jacket <input type="checkbox"/> wind/rainproof pants <input type="checkbox"/> swimsuit/bathing suit <input type="checkbox"/> warm cap/hat/ear cover <input type="checkbox"/> down or fleece vest <input type="checkbox"/> down or fleece jacket <input type="checkbox"/> long fleece pants <input type="checkbox"/> nylon windproof vest <input type="checkbox"/> rain poncho <input type="checkbox"/> windbreaker (nylon) <input type="checkbox"/> scout uniform <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> tent, poles, stakes <input type="checkbox"/> ground cloth, tarp <input type="checkbox"/> sleeping bag <input type="checkbox"/> sleeping pad <input type="checkbox"/> sleeping bag liner <input type="checkbox"/> <b>OTHER ESSENTIALS</b> <input type="checkbox"/> water bottles <input type="checkbox"/> mess kit,plate/cup/knife/fork/spoon <input type="checkbox"/> first-aid kit <input type="checkbox"/> prescribed medicine <input type="checkbox"/> headlamp, flashlight <input type="checkbox"/> extra batteries <input type="checkbox"/> sun block, sunscreen, lip balm <input type="checkbox"/> bug protection <input type="checkbox"/> pocket knife <input type="checkbox"/> space blanket/bag <input type="checkbox"/> plastic whistle <input type="checkbox"/> signal mirror <input type="checkbox"/> waterproof matches <input type="checkbox"/> sun glasses, goggles <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> scout handbook <input type="checkbox"/> pack towel,bandana <input type="checkbox"/> toothbrush/toothpaste/powder <input type="checkbox"/> toilet paper <input type="checkbox"/> handiwipes and hand sanitizer <input type="checkbox"/> money <input type="checkbox"/> camelbak <input type="checkbox"/> parachute cord <input type="checkbox"/> sewing kit <input type="checkbox"/> fishing gear <input type="checkbox"/> duct tape <input type="checkbox"/> camera,film,tripod <input type="checkbox"/> repair kits <input type="checkbox"/> binocular/monocular <input type="checkbox"/> cards, games <input type="checkbox"/> rubber bands <input type="checkbox"/> clock/watch <input type="checkbox"/> reading material <input type="checkbox"/> water filter/purifier <input type="checkbox"/> sit pad <input type="checkbox"/> bivy sack <input type="checkbox"/> firestarter, candles <input type="checkbox"/> extra food <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>PACKING</b> <input type="checkbox"/> backpack <input type="checkbox"/> pack cover <input type="checkbox"/> daypack, fanny pack <input type="checkbox"/> ziploc freezer bags <input type="checkbox"/> lashing twine/straps <input type="checkbox"/> lg plastic garbage bags <input type="checkbox"/> stuff/compression sacks <input type="checkbox"/> <input type="checkbox"/>	<b>NAVIGATION</b> <input type="checkbox"/> compass <input type="checkbox"/> maps, map case <input type="checkbox"/> notepad & pencil <input type="checkbox"/> eye glasses/contacts <input type="checkbox"/> GPS unit <input type="checkbox"/> guide book/notes <input type="checkbox"/> <input type="checkbox"/>	

# Overnight Backpacking Checklist

## Notes

Personal first-aid kit should include:

Bandages:

- (6) assorted adhesive bandages, (1) small roll adhesive tape, (1) 3X6 inch moleskin, (2) 3X3 inch sterile gauze pads

Drugs/lotions:

- (6) aspirin or Tylenol, (1) small tube antiseptic, sunscreen, and any prescription medicines

First-aid tools:

- tweezers, compact scissors, razor blade or knife

Optional drugs/lotions:

- burn ointment and Caladryl (for relief of skin irritations), antacid tablets,

Optional items:

- handy wipes, plastic gloves, eye pads, and a small (unbreakable) mirror,

(These items can be purchased separately and stored in a Ziploc bag.)

## Pack size and weight guidelines:

There are two basic kinds of backpacks internal frame and external frame. Since both types are excellent choices it becomes a matter of personal preference. A backpack is essentially carried on the hips – not on the shoulders. Therefore a good backpack must have a well designed “weight-bearing” hip belt. Since scouts will continue to grow a backpack must also be adjustable to match his height. The capacity of the backpack should run between 3,000 to 4,500 cubic inches to be able to carry enough gear and food for a long weekend.

As a rule of thumb a scout's pack weight should not exceed 25 - 30% of his body weight. A range of 20 - 25% is preferred. Load your pack with everything and make sure your water bottles are full. Stand on your weight scale without your pack to get your unloaded weight. Then put your pack on your back and step onto the scale again. The difference will be your pack weight. Divide your unloaded weight into your pack weight to get your percentage. For example, your unloaded weight is 92 lbs and your pack weight is 24 lbs then your percentage is 26%. To be more precise you have to adjust for the food you will be carrying. If you were to add 4lbs for food your percentage would rise to 29%.

This means that you must have it in mind to eliminate any unnecessary weight. Remove any unnecessary packaging or accessories. Choose the smallest size for any containers. Remember, you will only need a sufficient quantity for 3-days.

## Storing gear:

All that the scout has is what is in his pack and therefore must be protected from the weather. The sleeping bag if carried on the outside of the pack must be kept in a waterproof stuff sack. Everything inside the pack should be stored in Ziploc bags. This will also help to organize the items in the pack. Pack covers can be expensive, but an inexpensive alternative is to use a heavy duty trash bag.

## Clothing:

Clothing is the first line of defense against the elements. Wool, wool blends, or synthetics are the best choice as they will insulate even when wet. Cotton clothing loses its ability to insulate when wet, but in hot temperatures the evaporation will have a cooling effect. The answer is to dress in layers. If it gets cool, a fleece or wool sweater will maintain warmth.

Hiking socks made of wool or wool blend are the best choice.

Trail shoes or hiking boots will help maintain foot support while hiking and keep the feet dry. Sneakers offer only minimal support and are not water proof or water resistant and will increase the probability of blisters. Trail shoes are less expensive than hiking boots but will work well for weekend backpack trips. Choose the type that is cut above the ankle and make sure the fit is correct. Too roomy allows the foot to move around causing friction and will lead to blisters.

## Food:

Food is the most important item; at least to the boys. Menu planning is much different than the typical troop campouts; the boys will not be carrying coolers. Therefore food choices are quite a bit different when food freshness is a major concern. The meals will be primarily made up of dried or dehydrated foods which require water for cooking: for example, instant oatmeal for breakfast. There is much flexibility in the variety of foods that can be brought on a weekend backpacking trip. Repackaging the foods will keep the amount of weight down and eliminate any excess trash that has to be carried. Put the food contents of the container into a Ziploc, cutout the cooking instructions and add it to the bag, then add any other dry ingredients: powdered milk, sugar, spices, etc.

Emergency food is an essential item to be carried on every trek. A small bag of trail mix, dried fruit, and energy bars will ensure that there's something to eat regardless of delays, emergencies, or other challenges.