

Troop 240 Equipment List for Non-Winter Backpacking

Bring your backpack already packed to the shakedown meeting with your water bottles already filled. Shakedown meetings are normally held a few days before the hike so that any missing items can be obtained; consider borrowing equipment you don't already own. All first-time backpackers must have their equipment inspected at a shakedown meeting or they will not be allowed to go in the hike. Minimize the weight of your backpack down by bringing as little as possible, but be sure to bring the essentials listed below. The total pack weight must not exceed 25% of your body weight. All clothes, sleeping gear and food should be stored in waterproof bags (e.g., zip lock bags or trash bags).

Basic Gear

- Backpack (internal or external frame) *with hip belt*. Most of the pack weight should rest on your hips.
- Pack cover for rain and overnight storage; a heavy trash bag is OK.
- Note: Backpacks are *always* stored outside of the tent.
- Sleeping bag/blankets in waterproof bags (e.g. trash bag with a twist tie).
- Lightweight sleeping pad (e.g. Z-Rest; optional but preferable).
- Hiking Boots (freshly waterproofed).
- Water bottles or hydration system (e.g. Camelback)– absolute minimum of 1 qt. for every 100 lbs of bodyweight (2 qt. preferred). Powdered Gatorade is optional and sometimes preferred. Note: Wrap a few feet of duct tape around each water bottle for emergency repairs.
- Water purification tablets (e.g. iodine tablets).
- Power bars, granola bars, and/or gorp (dried fruit, nuts, Cheerios, cheese sticks, beef jerky, etc.) in an accessible Zip-Lock bag.
- Extra plastic bags for personal trash, dirty clothes, etc.
- A non-spoiling lunch for Saturday (PB&J sandwich, cheese and crackers, etc.).

Camping/Hiking Gear

- Map (supplied): Either laminated or stored in Zip-lock bag.
- Compass.
- GPS (optional).
- Small* pocket knife.
- Small* flashlight or penlight with extra/new batteries.
- Plastic whistle - accessible; not packed.
- Matches or a lighter in waterproof container.

Clothes (wearing + packing)

- Socks (2 heavy wool pairs, 2 liner pairs).
- Shorts/pants (2) and belt (zip-off nylon hiking pant preferred).
- Shirts (2).
- Underwear (2).
- Sleepwear.
- Lightweight jacket or fleece.
- Poncho or rain suit (preferred).
- Hat & bandanna.
- Sandal or light sneakers to relax in camp (optional).

Toiletries/Personal

- Toothbrush/paste.

- Sunscreen and sunglasses. Note: Bring a hat for sun and rain!
- Lip balm.
- Insect repellent.
- Small first aid kit -- Moleskin, bandages, antibiotic (Neosporin), *small* tube of petroleum jelly (Vaseline) for chafing, insect bite stick, drugs for any medical conditions, copy of your medical form and ID card.
- Toilet paper in zip-lock bag.
- Water resistant watch.
- Money in a Zip-Lock bag.

Cooking & Eating

- Spoon/utensils. Usually a spoon or a spork is enough.
- Cup (preferably standard size or measuring). Cup can be used for eating hot food as well as for drinking.
- Lightweight plastic bowl (optional but preferable).

Shared Equipment

- Backpacking tent.
- Ground cloth for under tent.
- Plastic mallet and extra tent stakes.
- Backpacking saw.
- Backpacking stove & fuel.
- Water purifier and/or extra iodine tablets
- Water for cooking.
- Dining fly.
- Pots and spoons for cooking.
- Light rope or twine (25 ft.) for lashing.
- Repair kit: needle, thread, duct tape, zip ties, etc.
- Plastic trowel for cat holes.
- Bear bag with rope.