

## Suggested Equipment List for Backpack Trips

The following equipment list is a guide to help you prepare for backpack trips.

Dressing in layers is the best choice for outdoor activities. As you get warm you can take off layers, and as you cool down during breaks, you can put them back on. The term synthetics on the clothing lists, below, refers to materials lycra or polypropylene.

Note also that some of the troop items will be shared. The tent and stove will be split up among the party. Repair and first aid kits will also be shared.

<p>Clothing - Inner Layer: Synthetic underwear Socks (wool or synthetic)</p> <p>Clothing - Insulating Layer: Hiking shorts &amp; t-shirt Sweatshirt Wool or pile socks Wool stocking hat</p> <p>Clothing - Protective Layer: Rain jacket or poncho Rain pants</p> <p>Feet: Hiking boots Sandals or Crocs (nice in camp) Extra socks</p> <p>Haulage: Pack Pack cover Stuff bags with toggles for clothing, food and gear</p> <p>Tent: Sleeping bag Sleeping pad Tent (troop tent) will be divided Flashlight</p> <p>Kitchen: Stove (troop will provide) Matches in stove Fuel bottle (troop will provide) Pots (troop will provide) Cup Spoon Food (bring lunch - Supper and Breakfast will be prepared by troop)</p>	<p>Snacks (trail mix or similar) Two water bottles &amp; water Water purification system (troop will provide) Bear bag for food (troop will provide)</p> <p>Repair Kit: Sewing needle Nylon thread or dental floss Duct tape</p> <p>Emergency Kit: Matches (and striker in waterproof container) Fire starter (solid fuel pellets, candle, pitch wood, etc.) Compass Map (troop will provide) Knife Whistle Nylon cord</p> <p>First Aid Kit (Troop will Provide, but other items to consider): Moleskin for blisters Chapstick Sunblock Anti-acid tablets Safety pins</p> <p>Personals: Toothbrush/paste Glasses or contacts Comb Toilet paper in Ziploc bag Headlamp or flashlight (spare batteries and bulb) Watch Notebook/pencil Insect repellent</p>
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