

PERSONAL BACKPACKING EQUIPMENT

(Short Outing: Total Weight < 15 pounds!)

CLOTHING

- Long Pants(not Cotton!)
- Shorts (Nylon or Wool not Cotton!)
- Long-sleeve shirt (1) not cotton
- T-shirt
- Hiking Socks (2pr) not cotton
- Bandana / handkerchief
- Wooly cap (for sleeping)
- Warm (but not bulky) Jacket
(lightweight shell w' fleece or poly
liner to wear underneath)
- Rain Gear
- Hiking Boots or Sturdy Shoes
- Sun Hat (w' brim)

EQUIPMENT

- Backpack
- Pack Cover (IMPORTANT)**
- Sleeping Bag
- Foam Sleeping Pad
- 1-2 Wide-Mouth 1-liter Lexan
Nalgene bottles
- Eating Bowl (plastic or metal)
- Insulated Lightweight Cup
(hot drinks & soup)
- Spoon and Fork
- Small LED flashlight or Headlight
- Compass
- Whistle

PERSONAL EQUIPMENT

- Small package toilet paper
- Toothbrush w/ paste
- Soap (biodegradable camp soap in
squeeze bottle)
- Small Hand Towel
- Insect Repellent
- 2 (kitchen-size) trash bags
- Sun screen (SPF 30 or higher)
- 1-2 Energy Bars

PERSONAL FIRST AID KIT

- 2-3 Standard Size Band Aids
- 2-3 Finger Band Aids
- 1 Large Adhesive Pad
- Antibiotic Ointment Pack
- 2-3 Sterile Wipes
- Molefoam or Moleskin (optional)

OPTIONAL

- Purel Hand Sanitizer (small)
- Sunglasses
- Watch
- Scout Book
- Long underwear (lightweight, not
cotton)
- Gloves / Mittens (lightweight/liner)
- Pocket Knife

NOTES!

Pack Cover Must Fit!

If you rely on garbage bag, it must be heavy weight – test it out to make sure it fits. A torn garbage bag in the rain means WET GEAR! Bring an extra! Real pack covers designed to be pack covers work much better (approx \$15 at www.campmor.com)

Toiletries, Soap & Insect Repellent:

Bring SMALL amounts – repack into small plastic squeeze top bottles if necc.
If you bring a huge spray can or bar/bottle of soap, you have to carry it!

Personal First Aid:

Pack it in a zip-lock. The kind with the plastic slide lock seal is good.

Clothing List: Includes clothes to be worn