

Shelter/sleeping

- tent/poles/fly/stakes
- sleeping bag [winter rated]
- ground cloth / tarp
- ground pad
- pad for kneeling/sitting
- pillow

Water

- [wide mouth] water bottle(s)
- water filter or purification tablets

Food/Cooking

- mess kit cup
- utensils
- matches in waterproof container
- high-energy snack bars or ‘gorp’
- trail stove fuel bottle/canister

Trip menu: **What am I supposed to bring? _____

Use reusable Ziploc bags for water-resistant clothing storage or to repackage food. They have dual use for trash and can help reduce odors in a bear bag...and stinky socks smell in a backpack.

Inexpensive, small mesh bags help with keeping similar items together in the backpack; they double as drying bags.

Try to standardize locations when loading your backpack so that you or a buddy can locate items quickly (water, rain gear, first aid kit, etc.). Pack your own pack – your parents aren't making the trip!

Hygiene

- hand sanitizer
- toilet paper toothpaste
- trowel toothbrush

Preparedness, safety & first aid

- flashlight or headlamp
- pocketknife or multitool
- Ziploc bags (2)
- pack cover
- sunglasses
- extra batteries
- compass
- lip balm
- hand/face lotion
- work gloves
- personal first aid kit
- personal medications**
- ** - **with parental approval and adult leader review**
- duct tape cord or rope

Clothing

- Class A Scout uniform
- stocking hat or hat with ear flaps
- neck gaiter
- balaclava

4 layers on bottom

- underwear (2 pair min.; not cotton!)
- underlayer pants (silk or poly)
- ‘technical’ pants (no jeans!)
- wind/snow/rain pants

- wool socks (3 pair min.) liner socks
- gloves / mittens glove liners
- chemical warming packs (‘ToastieToes’)

4+ layers on top

- underlayer SS technical shirts (2 min.)
- mid-layer LS shirt(s)
- fleece vest/shirt/jacket
- coat /windproof & waterproof shell
- hiking boots or hiking shoes (waterproofed)
- camp shoes

“Cotton is bad...layering is good!”

*Apparel should **NOT** be primarily cotton! Materials that wick moisture away & dry quickly include merino wool, silk, polypropylene or other synthetics (aka“technical” garments).

Italicized items are either a) optional items based on personal preference, b) shared items or c) items that may be added/eliminated based on the type of trip. If shared, make sure you know who is bringing the item!

*No cell phones, iPods/Pads, MP3 players, portable CD players, transistor radios. You may sing or hum. ☺