



Backpacking Equipment List

Internal- or External-Frame Backpack
Trekking Pole
Sleeping Pad (air / foam combination or foam only) (See Note 1)
Food bowl and Utensils
Water Bottle or Hydration Pack
Rain Gear
Hiking Pants (See Note 2)
Hiking Shirts (See Note 3)
Hiking Socks (See Note 4)
Toiletries
Light-weight Jacket
Light-weight towel that will dry quickly
Hiking Boots (See Note 5)
Water Shoes (See Note 6)
Headlight with extra batteries
Underwear
Personal First Aid Kit
Carabiner
Sleeping Bag (25° recommended) (See Note 7)

Notes:

Note 1: Do not bring mattresses that are filled with air only. They are too heavy and the temperatures in the mountains will cool the air too much and make it hard for your Scout to remain warm in their sleeping bag.

Note 2: Do not wear canvas or denim material. It gets wet and is hard to dry. The style that allows the lower portion to be unzipped thereby creating shorts are the best kind.

Note 3: Do not wear cotton shirts. Get a polyester blended/ wicking material that will allow sweat to evaporate quickly and efficiently.

Note 4: Do not wear cotton socks. Wearing cotton socks increases the potential for blisters.

Note 5: Do not wear tennis shoes. Hiking boots are designed to take the increased load of a backpack and provide sufficient foot traction on the trail.

Note 6: Inexpensive water shoes are needed in order to conduct creek crossings as well as swim. The water is full of rocks so Scouts will not be allowed to enter the water without them.

Note 7: Sleeping bags should not weigh more than 4 lbs.

Note 8: The total weight of all gear, including the backpack, should not exceed 1/3 of the Scouts total body weight. Recommended weight is 25 lbs.

If you do not have and will not be able to obtain any of this equipment, please let the Scoutmaster or Troop Quartermaster know as soon as possible so they can see what can be done in order to ensure your Scout is equipped and able to participate in this outing.