

BACKPACKING / HIGH ADVENTURE GEAR LIST

OUTDOOR ESSENTIALS

(Scout Handbook)

- Pocketknife
- First Aid Kit
- Extra Clothing (layers)
- Rain Gear
- 2 quarts water
- Flashlight (small w/extra batteries and bulb)
- Trail Food
- Matches and Fire Starters
- Sun Protection
- Map and Compass

CLOTHING

- Hiking Boots
- Hiking Socks (wool, with separate liner sock)
- First Layer – briefs and long underwear
- Middle Layer – t-shirt and long-sleeve shirt (synthetic best)
- Hiking Pants or zip-offs (no jeans)
- Insulating Layer (polyester fleece)
- Shell (waterproof parka and pants)
- Sun Hat
- Beanie
- Gloves
- Shorts (nylon) or swimsuit
- Bandana

SHELTER

(Share w/ buddy)

- Tent (two-man, low profile, 4-6 lbs, full fly)
- Ground sheet (builders plastic or nylon, cut to fit tent shape)

SLEEPING

- Mummy bag (20 degree, down or synthetic, 3-4 lb. total weight, compressible to approx 8"X18")
- Foam pad –3/4 length, lightest weight, (closed-cell type or Thermarest)

EATING

- Cup – plastic or Lexan
- Bowl – Plastic or Lexan
- Spoon – plastic or Lexan

CREW / COOKING GROUP

(shared equipment)

- Backpacking Stove (extra fuel)
- 2 liter cook pot (aluminum) with gripper
- Water Filter or tablets
- Hand Sanitizer
- Large Spoon (plastic)
- Spatula (plastic)
- Dish Soap (biodegradable)

OTHER

- Hiking Staff
- 50' light nylon line
- Daypack / Fanny Pack / Camelback
- Toilet kit including small roll toilet paper
- Camp towel (small)