



MINI ADVENTURE BACKPACKING EQUIPMENT LIST



MAJOR EQUIPMENT *****

- _____ Frame Pack (**padded hip belt and Shoulder straps are ESSENTIAL**)(Check grommets and straps)
- _____ Sleeping Bag (plan on temperatures into the low 40's or upper 30's)
- _____ Foam Pad (Ensolite or ThermaRest is best)
- _____ Accessory Straps (used to attach sleeping bag and pad to pack. Belts, bungee cords, or rope do not work very well!)

CLOTHING *****

- _____ Rain Jacket or Poncho (Nylon Rain Jacket is the best) (**IMPORTANT**) **NOTE: plastic ponchos are NOT allowed**
- _____ Rain Pants (**IMPORTANT**)
- _____ Long Pants (1 pair) - NOTE: don't need if you have rain pants and polypro long underwear
- _____ Wool shirt (best option) (or sweatshirt, sweater, or vest)
- _____ Windbreaker type jacket (can double as rain jacket listed above if water proof)
- _____ **Boots (well broken in! Tennis shoes will not substitute)**
- _____ Hiking Shorts (1 pair)
- _____ Under shorts (1 extra pair)
- _____ Socks (2 pair heavyweight wool socks for hiking)
- _____ Ski cap (lightweight synthetic or wool is the best)
- _____ Long Underwear - bottoms (polypro or other synthetic, not cotton)
- _____ Long Underwear - top (polypro)
- _____ Shirt (short sleeve)
- _____ Socks (2 pair lightweight synthetic)
- _____ Camp Shoes (tennis shoes or moccasins)
- _____ Gloves (lightweight polypro or wool)

EATING GEAR *****

- _____ Bowl (Don't bring the entire kit!)
- _____ Cup (insulated plastic is the best)
- _____ Drink mix (for lunches and hiking)
- _____ Water bottle (wide mouth poly)
- _____ Spoon

TOILET ARTICLES *****

- _____ Toilet paper (partial roll in a zip lock bag)
- _____ Toothbrush
- _____ Comb
- _____ Sun Screen (**IMPORTANT**)
- _____ Toothpaste (travel size)
- _____ Chapstick (or other lip salve)

MISC. ITEMS *****

- _____ Pocket Knife
- _____ Insect Repellent (**non-aerosol** small bottle)
- _____ Nylon Camping Cord (important)
- _____ Money (for stops along the way)
- _____ Needle, thread, and safety pins
- _____ Small Flashlight or headlamp (AA/AAA size) (w/new alkaline batteries)
- _____ Extra Batteries (AA or AAA alkaline)
- _____ Healthy munchies (Be reasonable, you have to carry it!)
- _____ Prescription or non-prescription medications (give the trip leader a duplicate of important medications)
- _____ Trash bags (3) (heavy duty Steel-Sak style trash bags to cover pack or emergency rain protection)
- _____ Compass
- _____ Survival Kit (optional)
- _____ Sun glasses (**IMPORTANT**)
- _____ Hat (for sun protection)
- _____ Personal First Aid Supplies (Band-Aids, moleskin, Tylenol, etc.)
- _____ Matches (in waterproof container)

TENTS

Tents are an important piece of safety equipment on a high mountain backpack trip. It must be lightweight, strong and waterproof. Tents **MUST** be of high quality. They must have a rain fly and be waterproof. We will organize tents at the equipment shakedown. Low price, low quality tents are not allowed on Scout trips. Suggested brands are North Face, REI, EMS, or Eureka. If you would like to bring your own, please check with the trip leader first and bring it to the shakedown.

Pack very carefully. You need to save room to carry your share of the food and crew gear (food, tent, trash, pots, etc.). **TOTAL WEIGHT OF YOU PACK MUST NOT BE OVER 1/3 OF YOUR TOTAL BODY WEIGHT.**

PACK IT YOURSELF!

Scouts are encouraged to do your own packing. This way, you know where everything is. Alpine conditions can be dangerous so please follow the list carefully. If you have any questions, please call Scott at 303 748-7551!