

# MICRO ADVENTURE BACKPACKING EQUIPMENT LIST



## MAJOR EQUIPMENT \*\*\*\*\*

- \_\_\_\_\_ Pack (Internal or external) - **padded hip belt and Shoulder straps are ESSENTIAL** Check grommets and straps. Must be large enough to hold your gear and our share of the crew gear and food – save space about the size of a basketball.
- \_\_\_\_\_ 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 (nylon, not heavy rubber style) or Poncho (Nylon Rain Jacket is the best) **(REQUIRED)**
- \_\_\_\_\_ Rain Pants **(IMPORTANT/REQUIRED)**
- \_\_\_\_\_ Long Pants (zip-off synthetics are best - 1 pair)
- \_\_\_\_\_ PolyPro (synthetic) long underwear (long-sleeve tops and bottoms) **(REQUIRED)**
- \_\_\_\_\_ Fleece, light jacket or an extra long sleeve shirt. Synthetic or wool is the best. Avoid cotton.
- \_\_\_\_\_ **Boots (well broken in! Tennis shoes will not substitute)**
- \_\_\_\_\_ Hiking Shorts (2 pair)–1 can be the zip-off pants above
- \_\_\_\_\_ Undershorts (2 pair)
- \_\_\_\_\_ Socks (2 pair heavyweight wool socks for hiking)
- \_\_\_\_\_ Ski cap (lightweight synthetic is the best) **(REQUIRED)**
- \_\_\_\_\_ Shirt (short sleeve) – synthetic is best
- \_\_\_\_\_ Socks (2 pair lightweight cotton or synthetic)
- \_\_\_\_\_ Camp Shoes (tennis shoes or moccasins) – will get wet!
- \_\_\_\_\_ Gloves (lightweight polypro liners or wool) **(REQUIRED)**

## 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 bottle. Not a canteen)
- \_\_\_\_\_ Spoon (Lexan plastic is best. Not metal)

## TOILET ARTICLES \*\*\*\*\*

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

## OTHER IMPORTANT ITEMS \*\*\*\*\*

- \_\_\_\_\_ Headlamp/Small Flashlight (AA or AAA size)(w/ fresh batteries) Headlamp preferred.
- \_\_\_\_\_ Extra Batteries (AA or AAA alkaline)
- \_\_\_\_\_ Nylon Camping Cord (50 ft) (important)(1/8" diameter parachute cord)
- \_\_\_\_\_ Pocket Knife (Be Safe!)
- \_\_\_\_\_ Insect Repellent (**non-aerosol** small bottle in Ziplock)
- \_\_\_\_\_ Sun glasses (IMPORTANT)
- \_\_\_\_\_ Hat (for sun protection)
- \_\_\_\_\_ Personal First Aid Kit (BandAids, moleskin, Tylenol, etc.)
- \_\_\_\_\_ Healthy munchies (Be reasonable, you have to carry it! Remember, you are only gone 2 nights)
- \_\_\_\_\_ Prescription or non-prescription medications (give the trip leader a duplicate of important medications)
- \_\_\_\_\_ Trash bags (3) – heavy duty large to cover pack or emergency rain protection
- \_\_\_\_\_ Scout Handbook OR copy of the advancement pages for Tenderfoot, Second Class or First Class as needed. Copies are lighter and preferred!
- \_\_\_\_\_ Compass
- \_\_\_\_\_ **Plastic** whistle on a lanyard (IMPORTANT) – wear it!
- \_\_\_\_\_ Matches – (in waterproof container or pint ZipLock bag)
- \_\_\_\_\_ Needle, thread, and safety pins in a small ZipLock bag

**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 rainfly 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. Please, no bivy sacks. We want tents with tent partners.

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 IN STUFF SACKS OR ZIPLOCK BAGS** – pack like items together in stuff sacks or ziplock freezer bags. Put raingear, first aid items and snacks on top for easy access. Don't just put everything in a pile in the large compartment.

**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 or send me an email.