

- Backpack - 65 liters preferred (55 liters to 75 liters range)
  - Backpack cover or trash bag to cover or both
  - Trash bags for inside of pack - heavy rain
  - Zip-lock bags or small stuff sacks for contents inside pack
- Three liters of water
  - Two 1.5 liters or three 1-liter backpacking water bottles or 6 half liter disposable bottles of water; 4 liters for some people or summer
- Sleeping bag - 20 degrees good
  - Closed cell foam sleeping pad
  - No pillow. Put extra cloths in sleeping bag stuff sack
- Hiking boots, waterproof, high top
- Clothing
  - Wool socks/hiking socks - three pairs
  - Hiking sock liners - three pairs
  - Hiking pants - two pair - Scout or REI pants are good - no jeans – convertible good
  - Rain jacket - if cold go insulated parka
  - Rain pants
  - Fleece jacket – optional – if cold
  - Fleece pants - optional - if cold
  - Fleece pullover - second if cold – at least one, even in summer
  - Wool sweater – if very cold (item is heavy, only bring if necessary)
  - Thermal underwear - no cotton – heavy weight in winter – light weight in fall/spring – may not be needed in summer
  - Moisture wicking tee shirt – two pair
  - Stocking hat - good to sleep in or wear if it gets cold – not needed in summer
  - Baseball hat - optional
  - Gloves - lightweight wool – optional – if cold
  - Bandana
  - Extra underwear
- Equipment
  - Head lamp - lower the weight the better - new batteries installed - or small flashlight
  - Mess kit - Spork and bowl - mug optional
  - Personal first-aid kit
  - Pocket knife - one per patrol
  - Lighter - one per patrol - small version
- Personal hygiene
  - Toilet paper
  - Tooth brush - cut off bottom half of handle to lower weight
  - Tooth paste - very small amount - optional
  - Hand sanitizer - very small amount
  - Prescriptions
- Insect repellent
- Sunscreen
- Money
- Bear bag storage - personal items in labeled zip-lock or stuff sack for bear bag
  - Toothpaste
  - Tooth brush
  - Personal food

- Sunscreen
- Insect repellent
- Soap
- Anything else that smells
- Clothing if soiled from food
- Troop provided
  - Tent
  - Stove & fuel
  - Pots & pans
  - Bear bag - one per patrol
  - Bear bag rope - one per patrol
  - Map and compass – one per patrol
  - GPS
  - Water filter
  - Two-way radio
  - Rain tarp – if needed
- Cook provides
  - Food
  - Trash bags
  - Paper towels
- Optional
  - Backpacking chair or seat pad
  - Straps