

Backpacking List

5/5/04

Pack should weigh 20 to 25 pounds without food & water.

Cotton clothes & blue jeans do not dry out fast enough – Not recommended

Economy of Weight is a priority “Trade two nickels for a dime”

Economy of Wallet is a priority “All function and no fashion”

Consider bringing items that have more than one function ie: poncho

(H) denotes something heavy – consider before bringing

(T) denotes an item that will be shared among the troop

(O) denotes optional

Backpack	Hiking Clothes – Wet
Pack Cover or Leaf Bag	Light Rain Jacket or Poncho or Windbreaker
Sleeping Bag	Tee Shirt
Tent or Tarp	Shorts
Pad or Lightweight Air Mattress (O)	Sox for each day
Ground Cloth or Poncho	Boots
Parachute Cord	Hat
Nylon & plastic bags (O) for food & clothes	Bandanna (O)
	Small camera and film (O)
Water Bottles – Empty Gatorade bottles	Sunglasses (O)
Water Filter or Iodine (T)	Watch (O)
3” of Duct Tape	Hiking Staff or Hiking Poles (O)
Stove, fuel & windscreen (T)	
Lighter or matches	Camp Clothes - Dry
3 cup lightweight saucepan	Sox for each day
Foil Lid	Shorts
Cup & spoon	Tee shirt
Small penknife	Fleece
Scrubby Pad	Lightweight long pant
Liquid Soap (T)	Long johns (O)
Pot Scraper (O)	Wool Cap
	Sandals (O)
Small flashlight or headlamp	
Candle nub (O)	
Tooth Brush	
Tooth Paste (T)	
Paper Towels or Toilet Paper	
Money	
Maps & Compass (T)	
Walkie Talkies (T)	
American & Troop Flags (T)	
Folding Saw (T)	
Notebook & Pen (T)	
First Aid Kit (T)	
Ace Bandage (T)	

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Hot Food – want short cook time with boiled water
Hot chocolate, tea, instant soup
Mac & cheese
Ramen noodles
Lipton rice or noodles
Canned chicken
Dried ground beef
Spam
Mash potatoes or home fries
Dried veggies
Oatmeal or grits
Cold Food
Peanut butter & Jelly
Bread or Bagels
Ritz or Triscuits
Trail Mix, nuts, raisins, dried fruit
Chocolate or energy bars
Cookies, Fig Newtons
Hard boiled eggs (H)
Apples (H)
Gatorade (H)
Beef Jerky
Tuna fish in foil packets