

BACKPACKING LISTS

Weekend

Individual List (on your person or in your pack)

<i>Clothes</i>	<i>Stuff</i>	<i>Toilet Kit</i>
2 Sock Liners	Sun Glasses	Towel
2 Heavy Socks	2 Trash Bags (use one to line pack)	Wash Rag
2 underwear	Water Bottle or Bladder (1 liter)	Soap
Shorts	Head Lamp or flashlight	Tooth Paste
Fleece Pants (or heavy long underwear)	Whistle	Tooth Brush
Warm Fleece Top	Compass	Lip Balm
Light/medium Thermal Top	Multi-Tool or knife	Sunscreen
2 T-Shirts (one long sleeve is good)	Lighter	Bug repellent
2 Bandanas	20' to 30' light cord	TP
Rain Parka	Sleeping Pad	Towelettes (for cleaning hands)
Rain Pants	Sleeping Bag (20°F to 30°F)	
Fleece Gloves	Tent (shared), poles, stakes	
Warm hat	Ground sheet (shared)	
Baseball cap		<i>Optional</i>
Boots	Insulated cup	Book
	Bowl	Camera
	Spoon/Fork	Film
	Lunch/Snacks (see below)	Binoculars
<i>Personal First Aid Kit</i>	Your assigned meals	Walkie Talkie (ch 7, code 7)
Moleskin		Cards or game
Advil		Pen/paper
Medium band aids		Ear plugs
Anti bacterial salve		
Vaseline (to prevent blisters)		

Snacks/lunch: On the trail, if it's not time for breakfast or dinner, it's lunch time! Bring a variety of nutritious snacks to cover each day on the trail. You'll dig into your snack bag 5 or 6 times a day; so choose food that you can eat quickly without preparation. Include stuff like: gorp, dried fruit, carrots, jerky, beef sticks, cheese, peanuts, peanut butter, crackers, sardines, chicken spread, humus, energy bars. Also include drink mixes, like Kool Aid and Gatorade. Try to bring just what you'll actually eat on the hike, plus a bit more for emergencies.

Patrol Gear for 6 Scouts

GEAR	WHO'S RESPONSIBLE	GOT IT
Stove w/ reflectors and repair kit		
1 liter fuel for Stove		
4 liter cook pot		
2 liter cook pot		
Measuring cup		
10 liter water bag		
Kitchen (see separate checklist)		
Water filter #1		
Small trowel		
Repair Kit (see below)		
Group first aid kit		
Area maps		

KITCHEN	REPAIR KIT		
Soap (biodegradable liquid)	Therma Rest Repair kit		
Salt/Pepper	Pole Sleeve		
Sugar (1/4 cup)	Sewing Kit		
Cooking oil (3-5 oz)	String		
Lighter	Duct tape		
Pot Tongs	Stiff wire		
Large spoon			
Spatula			
Scouring Pad			
Rag			
Pot Scraper			
Menu			