What to pack for an overnight backpack – personal gear

Backpacking Equipment

	Backpack (personal or troop's)
	Sleeping Bag, stuff sack, straps to tie the bag to the pack (straps already on troop's packs)
	Thermarest **or** ensolite pad
	Trowel & toilet paper
	Sunscreen & Lip creme
	two quarts of water minimum
	A few paper towels for cleaning out your bowl, wiping your hands
	Cup, bowl, spoon, fork
	4 1 gal Zipping/Locking bags.
	Saturday trail lunch, plus a small amount of trail snacks
	Sunglasses - optional
	Tooth brush, tooth paste
	Small comb
	Flashlight – LED headlamps are the best these days. Don't bring any flash light bigger than a small Maglite!
	Wilderness essentials in fannypack- see next page
	Tents, food, and patrol cook gear will be provided by the troop – save space in your pack

Clothes

	One undies
	Lightweight long pants (wear – NO SHORTS, no blue jeans if possible)
	Long sleeve shirt (one packed)
	Fleece jacket (sweatshirt will work if rain is not expected)
	Wind jacket
	Rain jacket if weather is marginal
	Troop Tee-shirt (wear)
	High top hiking boots or sturdy running shoes – tennis shoes are not recommeded
	Hiking socks (wear one pair, carry spare pair)
	Inner socks (optional)
	Belt (wear)
	Brim hat (wear)
	Wool hat – for the evening
	Bandana or small towel
	Gloves - for the evening - optional
	Camera – optional

Wilderness Essentials in Fannypack

	Emergency Space Blanket
	Waterproof Matches
	Fire Starter – tinder
	Whistle with lanyard
	Nylon twine – 25 feet
	Compass
	Pocket Knife – a small one for first aid, cutting twine, etc.
	signal mirror
	Sunscreen
	Lip crème
	DEET – 20% to 30% is best – not aways needed
	Change (coins) – 5 - $1, 2 quarters, 3 dimes, 3 nickels THIS IS EMERGENCY MONEY -- DON'T SPEND IT UNLESS ITS AN EMERGENCY.
	Extra T-P
	First Aid Kit – KEEP IT SMALL! Benadryl, Mole Skin, Gauze, Band aids, Tape, Anti-bacterial ointment, Antiseptic swabs, Splinter tweezers, Small scissors