



## Backpacking Equipment / Food List

### Each Scout Must Have...

- A tent partner
- Backpack
- Backpack rain cover (or lg. garbage bag)
- Sleeping bag
- Thermarest/sleeping pad/small pillow (optional)
- Plastic or metal cup (leave the mess kit home)
- Long-handled spoon
- Rain poncho
- 2 Nalgene (quart size) containers of water
- Clothing (bring several layers)
  - o Light jacket or heavy sweatshirt
  - o 1 Long sleeve shirt
  - o 1 pair pants
  - o 2 pair extra socks
- Red troop hat / 2 green class B shirts
- Comfortable, warm sleeping clothes
- Beanie or other warm head cover
- Survival / First Aid kit - Antiseptic, Band Aids, Candle, Coins \$0.35, Comb, Compass, Cotton Balls, Emergency Blanket, Gauze Pads 4X4, Hot Spark, Matches, Moleskin, Rubber Bands, (Various), Safety Pins (Various Sizes), Scissors (small), Mini Sewing Kit, Signaling Mirror, Tweezers, Whistle, Zip Loc Bag, hot spark fire starter  
**NO SURVIVAL KIT – NO GO – NO EXCEPTIONS!**
- Flashlight or headlamp (extra batteries)
- Personal toiletries
  - o Toothbrush/toothpaste
  - o Small container of hand soap
  - o Small hand towel
  - o Toilet paper in ZipLock bag
  - o Lip Balm / Sunscreen
  - o Hand sanitizer
- Hiking boots or sturdy shoes (worn in!)
- 2 garbage bags
- Comfy camp shoes (Teva style – optional)
- Camera (optional) – **No iPods/MP3 players, or personal electronics of any kind allowed.**  
**NO SCOUT CELL PHONES!**

### Each Pair of Scouts Tenting Together Must have...

- Tent
- Plastic tarp / tent footprint
- Backpacker stove for boiling water (or at least 3 stoves per Patrol)
- Water purification – **1 per patrol** (pump style water purifier/filter preferred)

### Individual Backpacking Menu

- Saturday Morning Breakfast
  - o Instant oatmeal **or** bagels **or** fruit & granola bars
  - o Drink mix (tang / Gatorade, etc. – optional)
  - o **No pop-tarts, candy, sugary stuff.**
- Saturday Lunch

**Choose items that do not need refrigeration**

Sandwiches (PB&J or others that don't need refrigeration), energy bars, trail mix, apples, tuna/chicken & cracker kits, fruit leather, jerky, drink mix.
- Saturday Dinner – Mountain House brand dehydrated backpacker food from REI (avoid the lasagna – cheesy mess). Suggest the smaller Pro-Pak size for smaller scouts. Get the larger “serves 2” pack for bigger eaters. **Make sure scouts bring cup, spoon and have access to a stove!**
- Sunday morning breakfast – same options as Saturday morning.
- Snacks – Jerky, trail mix, fruit leather, energy bars, fruit bars, Gatorade drink mix
- No candy, canned food, pop-tarts, sugary pastries, gum, cans of soda or general junk food.**



Smaller Pro-Pak



Regular Meal