



BOY SCOUTS OF AMERICA  
**TROOP 3**  
Ambler, Pennsylvania  
www.troop3ambler.com  
Meeting continuously since May 17, 1915



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**Backpacking Equipment List**  
**Lightweight and multiuse items are preferred**

**Outdoor Essentials (for any outing)**

Small Pocketknife or multi-tool  
First aid kit (consult BSA Handbook)  
Extra clothing (see 'Clothing' and 'Outerwear' sections)  
Large heavy-duty trash bag (qnty. 2)  
Water bottles (2- 1 Liter plastic soda bottles)  
Small flashlight w/ new alkaline batteries (headlamp preferred)  
Trail food (high energy snacks)  
Matches and fire starters  
Sunscreen (SPF 15 or higher)  
Map(s) and compass

**Sleeping**

Sleep clothes—worn only in sleeping bag (T-shirt & gym shorts)  
Closed-cell foam, ¾ length pad or inflatable pad  
Sleeping bag (3-season, down or lightweight synthetic preferred)  
Wool or fleece Winter hat  
Tent or nylon or polyethylene tarp w/ ropes & metal stakes  
Groundsheet only needed if sleeping under a tarp (4 mil plastic, approx. 4 ft. x 8 ft.)

**Clothing** (\*for travel in vehicles to and from camp)

\*Scout shirt  
\*Scout pants  
\*Scout belt  
Nylon running suit pants  
Hiking shorts or nylon shorts (2 pair)  
Short sleeve shirt (2) [polypro preferred]  
T-shirts (2) [polypro preferred]  
Mid weight hiking socks (3 pair) [wool blend preferred]  
Sock Liners (polypro)  
Underwear (polypro or performance style)

**Food Ideas:** - Personal (when hiking as a Troop some meals may be provide pack accordingly)

Breakfast: cereal w/ powdered milk; Granola/Breakfast bars; instant oatmeal; Cream of Wheat; Instant pancake mix; poptarts; powered eggs; peanut butter sandwich

Lunch: Cheese (block style) w/ crackers or bagel; pepperoni, summer sausage, canned meat or tuna with crackers; peanut butter & crackers; Tuna salad (made with single serve mayo & relish); Peanut butter & Jelly sandwich

Dinner: pasta-based meal - mac & cheese, beef stroganoff, pasta side dish packets, linguini & clam sauce, powdered spaghetti sauce etc; Instant rice; instant stuffing; Instant potatoes; Asian style dehydrated meals; Coucous; Tuna Helper;

**Repackage foods so you only bring what you need (you don't need the whole peanut butter jar!)**

**Outerwear**

Nylon lightweight shell jacket with hood  
1 polyester fleece or wool jacket  
Sneakers or lightweight boots (**well broken-in !**)  
Pair of flip-flops or lightweight sandals or Crocs

**Miscellaneous**

Spare alkaline batteries  
Several paper towels in a zip loc bag  
Camera  
Watch  
Note pad and pencil  
50 ft. 3/16 in. nylon rope  
Bandana  
Gold Bond powder (travel size)  
Insect Repellant (non aerosol)

**Eating**

Large spoon  
1 Cup-sized cup (Sierra Cup preferred)  
Food for meals (see ideas at bottom of page)  
Backpacking Stove  
2 Qt. lightweight pot with lid

**Cleanup** (in a gallon zip-loc bag)

Biodegradable soap (camp suds)  
Bandana (also is a pot holder or a hat)  
Hand towel  
Toothbrush, toothpaste (travel size), and floss  
Contact lens solution and storage (if applies)  
Comb  
Hand sanitizer  
Toilet Paper (partial roll)

**Items NOT to bring**

Electronic music or game device  
Sheath knives  
Cell Phones