

Troop 278 Ahwatukee

Example ~Overnight Backpacking Packing List

Wear for Outbound Trip:

- Boots & Hiking Socks
- Class B T-Shirt
- Shorts (Zip offs?)
- Brimmed Hat, sunglasses w/ strap
- Bandana? gloves?, wristwatch
- Wear Sunscreen! (for sun / wind)

Clothes:

- Camp/water shoes
- Extra Hiking Socks, Camp Socks
- Change of underwear, pajamas
- Spare T-Shirt (Class-B?)
- Pants/Zip-on pant legs for shorts
- Fleece top, plastic mac
- Swim shorts + ziploc, pack towel
- Long sleeve shirt
- Light fleece jacket

Toiletries:

- Comb/small brush
- Toothpaste/toothbrush
- Face wipes – wipes
- Soap small (bar/tube)
- Vaseline/Hand cream
- Lip Balm
- Sun-Screen
- Insect Repellant (small)
- Sting Eze or similar bite treatment*

Other:

- Disposable camera*
- Spending Money for travel
- Cards/ball/Frisbee/hackey sack*

Camping Equipment:

- Lightweight tent, ground cloth
- Sleeping Bag / Pillow /stuff sack
- Lightweight foam/inflatable bed pad
- 2-4liter Water bottles/hydration
- Compass*, map*
- Small Flashlight/Headlight
- Mini-First Aid Kit w/ Moleskin
- Penknife (only with Totin chip)*
- Lightweight Chair/Stool/Sit Pad*
- Walking Stick(s)?*
- Raincover for backpack (or trash bag)
- Paper towels for clean-up
- 50' Cord for bear bagging*
- Bear Bag (~tent/sleeping bag cover?)*
- Latrine trowel* + toilet paper/wipes
- Big ziplock bags to pack out trash

Food/Cooking:

- Packed lunch for outbound trail
- Knife for prep
- Firelighter (paste?)*, matches/lighter*
- Lightweight stove*, gas*,
- Water purification system*
- Collapsible water holder/carrier*
- Lightweight Pots* & Camp Cup
- Plate/lightweight, spoon/fork
- Food items, (frozen?), condiments
- Drinks tea/coffee/powdered drinks
- Camp snacks & trail snacks
- Smores components?*

*Younger scouts should leave these supplies to the older Scouts if possible to limit their weight load. Work up to it.

Do a dry run of packing the gear first time out. Allow for Tent, food & cooking gear split by patrol and for and personal water (at least 2 liters - but maybe up to 4 liters – check!)

It is strongly recommended to stay well under 35Lbs packed for all gear for older scouts and under 25Lbs for younger scouts first time out. Less is better. The Troop has a scale to weigh backpacks... Moms - do not pack extra clothes, blankets etc just in case! & use dehydrated foods. You will need to work hard to stay below this limit – e.g. nylon shorts, pack towel, lightweight sleeping bag & pad etc. Do dry runs & practice carrying the backpack on real trails (short ones) to get the pack adjusted properly and to get comfortable with the weight. Most weight should be on the waist strap not the shoulders.

Bear Bag all items listed in blue & any clothes worn for cooking or with food spills.

**NO CELLPHONES, WALKMANS, RADIOS, GAME BOYS OR OTHER ELECTRONICS
ADULT LEADERS WILL HAVE CELLPHONES FOR CONTACT PURPOSES**