

# Backpack Trip Gear Guide

## DAY HIKERS

(Scout Essentials + the following)

### MUST HAVES

- |                                 |   |                  |
|---------------------------------|---|------------------|
| • Day Pack                      | • 3-4 Liters of Water (bladder/bottles) | • Rain Gear      |
| • Basic First Aid               | • Lunch/Snacks                          | • Trekking Poles |
| • Hiking Boots/Shoes (Broke In) | • Bug/Sunscreen                         | • Map/Compass    |

## 20+ Miles / BACKPACK TRIP

(The following only applies to the backpack trip)

### MUST HAVES

- |                                      |  |                                |
|--------------------------------------|--|--------------------------------|
| • Hiking Boots/Shoes (broke in)      | • Bug/Sunscreen (100% DEET = Good Ticks = Bad) | • Personal Hygiene Gear        |
| • Wool socks                         | • Headlamp/Flashlight                          | • Personal First Aid           |
| • Backpack (fitted to you)           | • Tent / Hammock                               | • Clothes (Nights may be cool) |
| • Water 3-5 Liters (bladder/bottles) | • Sleeping pad                                 | • Meals/Snacks                 |
| • Rain Gear                          | • Light Sleeping bag                           | • Mug/Bowl/Spork               |

### NICE TO HAVE (RECOMMENDED)

- |                       |           |                     |
|-----------------------|-----------|---------------------|
| • Camp chair/seat     | • Lantern | • Towel             |
| • Camp shoes / slides | • Cards   | • Emergency Blanket |
| • Trekking poles      | • Bandana | •                   |

### NEED. BUT DON'T NEED 10 OF (TROOP/LEADERS WILL PROVIDE)

- |                   |              |                       |
|-------------------|--------------|-----------------------|
| • First Aid Kit   | • Stoves     | • Toilet Trowel/Paper |
| • Water Filter(s) | • Scout Book | • Rope/Bear Bag       |

### Notes/Insight:

**Food:** You will need to provide your own meals for the extent of this outing. **Thursday** - Dinner.

**Friday** - Breakfast, Lunch, Dinner. / **Saturday** - Breakfast, Lunch, Dinner. / **Sunday** - Breakfast, Lunch.

Freeze dried meals, ramen, peanut butter, tortillas, etc. FOOD = Energy... lots of snacks, cliff bars, seeds, jerky, energy bars, GU, etc.. We will have a few stoves to heat water for dehydrated meals. There is no good way to wash gear and you must pack out your own trash. Pack accordingly.

**Clothing:** Wick away synthetics, wool socks, zip off pants, dry clothes to sleep in, warmer gear for after dark. Pack in zip locks. The issues are heat, sweat/chafing, ticks, cooler nights, and rain. Plan accordingly.

### First Aid:

Cuts/scrapes, bug bites/ticks, aches/pains, blisters/chafing. Basic personal first aid, hygiene/wipes, mole skin, powder, bug/sun, Advil (leaders must administer)

### Sleeping:

Adults/Leaders will provide their own tents/hammocks. Scouts can share parts to troop tent and share tents. Hammock camping is allowed, but must have a rain fly and ability to set it up by yourself.

**Water:** There are a few water stations throughout this trail. There is no guarantee that they will be filled. We have 2 to 3 filters available and will refill at streams/lakes as needed.