

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.