

Three Season Backpacking Personal Gear List

Each participant must make sure they have the clothing and equipment needed to make them comfortable and safe in the wilderness. It is also necessary that they have room and the ability to carry their share of the group gear needed to make the trip successful. Participants are cautioned against bringing extra things not included on this list.

Clothing

Wearing:

- Nylon zip-off pants (The thicker the better). Scout pants are very high quality.
- Non-cotton socks
- Non-cotton long sleeved shirt
- Non-cotton underwear
- Backpacking/Hiking Boots- must be higher than your ankle. Not Sneakers or low top hiking shoes. Participants must be wearing hiking boots at the meeting spot.

Carrying or wearing dependent on temperature:

- | | |
|-------------------------------|-----------------------------------|
| Rain Jacket (no ponchos) | Ski Hat that covers ears |
| Rain Pants (no ponchos) | Light weight baseball cap or wide |
| Fleece Jacket | brimmed hat |
| Non-cotton Long Underwear top | Light weight gloves |
| and bottom | 1-2 pairs of non-cotton socks |

Extras:

- 1-2 pair of non-cotton under ware
- Croc type shoes with closed toes-in camp only

*****All extra clothing stored in a contractor rated trash bag. Don't tie it in a knot*****

Eating

- Sturdy metal plate that can double as a bowl.
- Metal spoon (not plastic)
- Small nylon sack to put eating items in
- 1 Wide mouth real Nalgene Bottle (for hot drinks, boiling water etc)
- 2 more quart sized water bottles (can be a re-used bottle)

*****Water bottles must be full of water*****

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Health and Safety

Pea-less whistle around neck	LED head lamp with fresh batteries
Up-to-date physical (yearly)	Trip map to be provided
Yearly participation slip	Compass
Tooth brush	50' strong cord
Medications in separate bag with dosage instructions	Small, sharp folding knife.
Small hand sanitizer w/o scent	Matches in Ziploc bag
Toilet paper with a few extra Ziploc bags	Firestarter (6 cotton balls soaked in Vaseline in a Ziploc)
Travel size sunscreen-No Scent	Shorty foam pad for sitting (approx. 12"X 28") buy 1 and cut it.
Chapstick-Flavorless	3 scouts per pad
Watch w/alarm	Sunglasses
Hiking Poles-3 section collapsible	

Sleeping

Small/Compressible Sleeping Bag rated to 30 degrees
Ground pad. Lightweight.
Contractor rated trash bag

Other

Camera
Cards

Backpack

Large enough backpack to hold personal gear with room for share of group gear, food, and tent.
2-4 mini carabineers'
1 climbing rated carabineer
Day pack may be also needed based on the trip w/room for rain gear, lunch, and water.

Typical group gear:

First Aid Kit Backpacking Stoves	Tarps
Pots and Pans	Food
White gas (10 oz per person, per day)	Water filter
Tents	Bug Spray

Out bag: (small bag with stuff not to be taken on trail)

Pants	Money for ride home
Shirt	
Sneakers	
Socks and under ware	
Sweatshirt or hoodie	
Toothbrush, tooth paste, deodorant	