

## Backpacking Packing

### Gear/Toiletries

- Tent (with footprint & stakes)
- Sleeping bag
- Sleeping pad
- Headlamp (check batteries)
- Mess kit
- Small quick dry cloth (*optional, for wiping out dishes*)
- Trekking Poles (*optional but very nice to have*)
- Ability to carry 2L of water. *Nalgens, collapsable water bottles, etc. Be sure none of these leak.*
- Pocket knife
- Compass
- Emergency whistle on your backpack
- Hair Ties
- Sunglasses
- First Aid kit to cover small cuts, blisters, pain meds, and any other common ailments- the crew first aid kit is for bigger injuries.
- Toothbrush and paste
- Extra ziplocks
- Big ziplock for dirty clothes
- Meds
- Chapstick
- Sunscreen/Bug Spray (*share with a buddy so you each only carry one*)
- Goldbond powder (*optional, nice for chafing*)
- Carabiner to clip things to your bag (*optional*)
- Pillow (*optional-I prefer balling up one of my jackets so I can carry less stuff*)

### Using the Bathroom on the Trail

- Hand sanitizer
- Roll of toilet paper and a ziplock bag to pack it out
- Poop Shovel (*optional, we have crew ones you can borrow*)
- menstrual products if needed
- Quart size Ziplock bag covered in duct tape to pack out used menstrual products (*if you use a diva cup, you can dig a cat hole and dump/bury*)

### Clothing

- Wool or Fleece hat for chilly evenings/mornings
- Thin gloves for mornings
- Sun hat (*baseball style, wide-brimmed, etc*)
- Base Layer: mid weight thermal top and bottom (*for sleeping in or changing into at camp if it's chilly, not for hiking in*)
- Middle Layer: Fleece Pullover or something similar
- Top Layer: lightweight compressible jacket, for wearing at camp in the morning or at night if it gets cold (*like a thin puffer that can get stuffed into your bag, not for hiking in*)
- Short sleeved shirt (*wear one, pack one; rewear Friday's shirt on Sunday- not cotton*)
- 1 Long sleeved shirt
- Sports Bra (*same idea as Tshirt, wear one, pack one, rewear Friday's on Sunday. Ideally the two sports bras are not the same design so the seams aren't rubbing in the same spot*)
- Long pants (*wear the same pair all weekend, most scouts prefer hiking in scout pants that zip off to shorts. Don't hike in jeans. Can pack an extra pair of pants to be safe*)
- 3 sets of underwear
- 4 pairs of socks (*pro tip, leave a 5th pair in the car for a comfier drive back to the church*)
- One set of Shorts and Tshirt for sleeping
- Rain jacket and rain pants
- Crocs for camp shoes/water crossings
- Bandana or buff (*useful to keep your hair out of your face, sun off your neck, doubles as pot holder- optional*)

### Food/Drinks- meals are provided

- Several packets of electrolyte powder
- Snacks that don't melt for when you need a blood sugar boost or to keep you going til the next meal. Swedish fish, skittles, trail mix, etc.
- Adults: BYO instant coffee/powdered creamer

**Boots must be broken in and fit well.** Too big or small will give you blisters. If you are blister prone you can cover the spots in duct tape BEFORE you hike to protect your feet.

**What goes up the Bear Line at night?**

All smellables. Any food, water bottles that had any electrolyte packets in them, toiletries (not just toothpaste but lotions, menstrual products, sunscreen, bug spray, even wet wipes that claim to be unscented)

**I like to bring one small bear bag for toiletries and one larger one for food (food means not just your snacks, but the crew-provided meals bags as well, all your food for this trip).** (Bear bag meaning a lightweight dry bag, one that you can roll shut and clip, so we can hang it from a tree overnight) Be sure both bags are labelled with your name as we have a lot of scouts with a lot of bags. When they go up at night, stuff the toiletry bag inside the food bag. The toiletry bag contains all non-food smellables. Your first aid kit (at minimum you need to carry your own moleskin, bandaids, neosporin, and any meds you may need like pain killers, pepto, tums, prescription meds, etc all in a ziplock bag), period supplies, toothpaste/brush, chapstick etc. Duct tape and sharpies are smellables, FYI.

**If you may need access to a pad or tampon overnight,** take just what you need, put it in a dirty sock, and put the sock in your hiking boot. This masks the smell. Remember it's not just about bears, but mice/squirrels/etc all know people are on the trail and people have food, so they will chew through your stuff in an instant if they think they smell something, and they have VERY keen noses.

**Pooping/Peeing on the Trail**

You will not hold it in all weekend!

You carry your own TP and hand sanitizer for peeing. Some kids prefer to squat, some kids use stand-to-pee devices. There are funnel-style kids, trough kinds, lots of options. Practice before using them on the trail!

Some parts of the trail have actual latrines. Not all do. We carry a crew "Poop Kit" with a shovel: dig a cat hole, do your business, bury it.

**Your packed backpack should be no more than 20% of your bodyweight before food/water is added.**

**\*\*NOTE- THERE IS NO DEODORANT ON THIS LIST\*\*** Deodorant is bear candy, we embrace the stink when we hike. This is non-negotiable.

**WE DO NOT TRAVEL IN CLASS A FOR BACKPACKING.**

**TENT-** buddy up for tenting, so one scout carries the tent, and the other scout carries the poles and stakes. This helps lighten your bag.

**CREW GEAR-** in addition to this list, everyone will be splitting up the crew gear to carry. (cook pots, stove and fuel, meal bags, etc)

**\*\*IF YOU NEED TO BORROW BEAR BAGS, BACKPACKING SLEEPING BAGS, OR BACKPACKS, PLEASE ASK. WE CAN HELP\*\***

**\*PARENTS\*** do not pack for your scout. They need to know where everything is. :)