

CHECKLIST: BACKPACKING

Note: ☠ COTTON KILLS ☠

Clothing			
Essentials			Optional
<input type="checkbox"/> Hiking boots	<input type="checkbox"/> Outer socks (2 pair)	<input type="checkbox"/> Liner socks (2 pair)	<input type="checkbox"/> Knit cap
<input type="checkbox"/> Long Pants & Hiking Shorts (nylon)	<input type="checkbox"/> T-shirts (2)	<input type="checkbox"/> Bandanas (1)	<input type="checkbox"/> Belt
<input type="checkbox"/> Raingear	<input type="checkbox"/> Jacket (fleece)	<input type="checkbox"/> Camp shoes	<input type="checkbox"/> Underwear
<input type="checkbox"/> Long-sleeved shirt	<input type="checkbox"/> Gloves	<input type="checkbox"/> Hat with brim and Mosquito Net	<input type="checkbox"/> Swim trunks
Personal Equipment			
Essentials			Optional
<input type="checkbox"/> Pocket knife	<input type="checkbox"/> Compass	<input type="checkbox"/> Flashlight	<input type="checkbox"/> Camera & film
<input type="checkbox"/> Batteries/bulbs	<input type="checkbox"/> Signaling device	<input type="checkbox"/> Fire starters	<input type="checkbox"/> Binoculars
<input type="checkbox"/> Trash bag	<input type="checkbox"/> Ziploc bags	<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Scout Handbook
<input type="checkbox"/> Insulated mug	<input type="checkbox"/> Spoon	<input type="checkbox"/> Bowl with top	<input type="checkbox"/> Books, Paper, Pencil
<input type="checkbox"/> Sleeping bag (30*)	<input type="checkbox"/> Ground mattress	<input type="checkbox"/> Backpack	<input type="checkbox"/> Camp chair
<input type="checkbox"/> Wind-Breaker	<input type="checkbox"/> 2-1 Qt. Water bottles	<input type="checkbox"/> Money	<input type="checkbox"/> Backpack cover
<input type="checkbox"/> Towel	<input type="checkbox"/> Sun Protection (Lips)	<input type="checkbox"/> Trail Food	<input type="checkbox"/> Nylon cord
<input type="checkbox"/> Whistle	<input type="checkbox"/> Sun Glasses	<input type="checkbox"/> Foam Insulated Pad	<input type="checkbox"/> Wind-Breaker
<input type="checkbox"/> DEET Insect Repellant	<input type="checkbox"/> Individual First Aid Kit with Mole Skin	<input type="checkbox"/> Baby Wipes (in lieu of shower)	<input type="checkbox"/> Watch
Group Gear			
<input type="checkbox"/> Tent	<input type="checkbox"/> Rain fly	<input type="checkbox"/> Ground Cloth	<input type="checkbox"/> Cooking utensils
<input type="checkbox"/> Stove (Jet-Boil)	<input type="checkbox"/> Purification pumps	<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Cooking pots
<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Trowel	<input type="checkbox"/> Lip balm	<input type="checkbox"/> Water Filters
<input type="checkbox"/> Soap	<input type="checkbox"/> Duct tape	<input type="checkbox"/> Bear Bins	<input type="checkbox"/> Group First Aid Kit

Remember: The objective is to bring what you need to insure safety and a reasonable degree of comfort. Anything more is extra weight and will reduce the pleasure of the trip. Individuals who bring unnecessary gear may believe it only affects themselves, but in truth, the group carries the entire load. If an individual brings extra gear, their ability to carry their share of the group gear is reduced.

Note: ☠ COTTON KILLS ☠

This is a special note regarding cotton. Cotton, while comfortable and good for overall use, is not allowed on extended Backpack trips. Cotton does not “breathe” after getting wet from perspiration. In other words, when your shirt, socks, underwear, or pants get wet, the wet clothing holds in your body heat and causes overheating. The best fabrics are the moisture wicking types that can be found at most sporting goods stores, like our new Troop T-Shirts.

General Information for the 50/60 Miler:

Boots: The first rule is comfort. Don't buy boots the day before a hike starts. You need to break in your boots...and your feet. On an extended Backpack Trip there are loose rocks and many steps up and down. Ankle support is highly recommended. Waterproof boots are not a must, but if you buy non-waterproof boots, treat them prior to going on the outing. There are small water crossings and most can be crossed without getting wet.

Socks: Bring at least three pair. Wool blend or socks that are special for hiking that wick the moisture away from your feet. Wet feet = blisters. If your feet get wet, change your socks. Keep an extra pair available in your pack. The group will wait for a sock change.

Sock Liners: Bring 2 pair. These are thin non-cotton socks that are worn under your regular socks. They are close fitting and generally stick to your feet. This allows the outer sock to move against the liner and most importantly. Not against your bare skin. This helps to prevent blisters! If your shoes and feet are not "broken in" the liners won't help.

First Aid Kit: Be sure to include Moleskin. Blisters can make a trip miserable. Sunscreen and lip balm is required. At 8-9,000 feet, there is a drying effect from the sun and lack of moisture that is surprisingly hard on the lips. A survival technique is to use ear wax for lip balm. Bring lip balm!

Mosquito Head Net: Included on the Essential List for the High Sierra's in early summer. The mosquitoes can be very aggressive depending on the time of year or how heavy the snow was the previous winter. The mosquito "season" can vary year to year depending on the snow melt. For \$1.88 at Wal Mart, it's worth the investment in comfort.

Hats: At 9,000 – 10,000 feet in altitude, you will get sunburn quickly. Bring a hat...period.

Hiking Shirt: A long sleeve hiking shirt is recommended. If you get a long sleeve moisture wicking shirt it may be enough for general use. If these shirts are close fitting, you will not notice the mosquitoes on you until it's too late. The best method is to have a moisture wicking tee shirt under a loose fitting hiking shirt. The hiking shirt will also help to prevent sunburn. Remember...cotton kills.

Sandals or water shoes: There are streams we will be crossing where shoes are removed and the stream is crossed. Having a pair of water shoes or Tevas is essential to preventing you from either falling or getting a cut foot. The rocks in the stream are very slippery. An old pair of shoes is not recommended due to weight considerations (especially after getting wet).

Hiking Poles: Not required, but nice to have when going downhill with steps & loose gravel for 2 hours straight. This is more directed at the adults.

Swimming Trunks: Don't bring any. You will use your nylon hiking shorts. It's not worth the added weight and space in your pack.

Water Filter: The Troop supplies the water filters.

Bear Bins: Each person will carry a bear bin. Remember to leave room in your pack for the bear bin! Internal frame packs usually carry the bin inside. External frame packs can have the bin outside. It is mandatory in the National Forest. The Troop will arrange for a bin for each hiker. The bear bin will have all food for the trip. In addition, because the bears have such a talented nose, all items with a potential smell must be kept in the bear bin. This includes such items as dental floss (even “unscented” is detected by the bears), toothpaste, aspirin, your toothbrush, snacks and candy, lip balm, etc. It seems ridiculous, but the bears are experts in getting your food from you. The chipmunks are bothersome also. Don’t underestimate them. They will chew through your pack and make a hole to get to your snacks.

Deodorant: It’s OK for the drive home...and recommended only for the drive home. The bears can be attracted to the smell. Only because where there are smells, there is food. We generally don’t use any deodorant for the trip. Yeh, it can get bad, but when it’s everyone, it’s OK!

Soap: Bring one HALF bar of Ivory soap in a Zip-lock bag. Ivory has the least amount of smell and is lightweight.

Toilet Paper: Bring one HALF roll of your favorite in a Zip-lock bag. It will be stored in your bear bin. At times, the Troop has some backpacking TP. See the Scoutmaster IN ADVANCE for stock.

Writing Device and Duct Tape: Wrap about 2 feet of duct tape around a pencil. This is for emergency situations.

Gloves: Sounds strange, but in the Sierras in the Summer, the frost in the morning can be numbing when you are packing your tent with the poles. Just a light pair is fine. In this case, cotton is OK. The Gloves will also be appreciated on the cables up Half Dome.

Zip-Lock Bags: Any extra snacks or candy must be in a Zip-Lock bag. Please keep in mind that if you bring a bunch of extra snacks, they may not fit in your bear bin. The bins are close to being full with the food you will be carrying. One candy bar per day should be OK. Don’t bring anything that will melt and create a mess. We don’t have access to sinks...if you know what I mean.

Rain Gear: Everyone must have rain gear. The pull over poncho is not adequate. If we hike in the rain, the poncho will not fit over your pack and will tear, leaving you exposed to the elements. The hat also comes in handy during rain.

Trash Bag: Bring a thick trash bag to put over your pack at night. This is only needed when there is rain. Carrying a wet pack is difficult.

Ground Pad: A ground pad is recommended for sleeping. A fairly inexpensive type can be found at Wal Mart for about \$12. An extra can be shared between Scouts/Parents and cut into 3 pieces to be used for sitting during the evenings and lunch. Keep the “cut pad” handy at the top of your pack.

Eating Utensils: Don't bring heavy metal eating utensils. A simple plastic bowl is all that is needed for eating. A plastic fork and spoon is fine for the type of foods being eaten.

Typical breakfast:	Granola cereal with powdered milk or oatmeal A breakfast bar (various types with strawberry, blueberry, etc.) Dried fruit (apricots, pineapple, raisins)
Typical Lunch:	Tuna or chicken in a foil pouch Cheesy crackers Snack package (Licorice, starburst, energy bar, nuts)
Typical Dinner:	Backpack dinner (Lasagna, Mac & Cheese, Beef Stroganoff, Chicken & Rice, Top Ramen, etc.)

For breakfast or evening, you may want to bring instant coffee or hot chocolate. If there is enough interest, this can be provided as part of the staples.

Tents: The Scouts will share backpacking tents from the Troop. Adults will need to bring their own tents.