

## • **PERSONAL items to take on the trail:**

Items marked "**Optional**" are not really needed. They should go only if you have a strong personal need or medical/physical condition.

TIP: PUT CLOTHING IN ZIPLOC BAGS AND COMPRESS OUT THE AIR! (or put in a compression stuff sack)

### **INDIVIDUAL ITEMS --**

addresses, & contact telephone #'s

backpack tag

backpack & cover

bags (a few small plastic ones from grocery store)

light weight balaclava

bandanna

bear spray/holster (T-255 HA supplied)

bowl (Troop supplied)(deep one for eating - **forget the mess kit!**)

compression straps

camp shoes (lightweight – use for stream crossings) (**NO SANDALS OR OPEN-TOED SHOES ALLOWED!**)

chapstick

cup (Troop supplied)

compass

contact lenses, case and cleaning solution (bring glasses also!!) (**optional if you wear them**)

small note book/pencil (adults & crew leader)

dental floss (this is a great emergency repair item!)

dirty/wet clothes bag (small plastic)

ditty bags for personal stuff (small) (helps for bear bag)

fanny pack or small day pack

first aid kit (very *small personal kit* – see crew gear for some items to include)

headlamps (with new batteries plus 1 set spare)

glasses (if you wear them) (consider a backup pair or contacts)

glasses strap holders (if you wear glasses)

gloves (1 pr. lightweight polypropylene) (socks can be used as extra gloves if needed)

groundcloth (one for each tent, fitted to tent size - consider taking a small)

hand lotion (at altitude your skin will become uncomfortably dry)

hat (wide brim for sun and rain) (also put a shirt on your head if it's really cold)

hiking boots (not new ones!)

jacket or sweater (fleece, wool or Polartec is best)

knife (small pocketknife that locks) (sharpen before leaving) (no sheath knives)

lighter (Bic)  
long johns (polypropylene)  
matches in waterproof container (medicine bottle)  
**medication required on a daily basis** plus Tylenol, Advil or aspirin  
money before/after trail (**adult crew advisor must take a credit card**)  
parachute chord/rope (6-10')  
personal hygiene items (toothbrush, small tube of toothpaste, etc.)  
rainsuit (jacket with hood, pants w/ zipper legs best) (leave your poncho at home)  
safety pins  
sahara convertible pants (shorts with zip on/off legs) or other long pants (not jeans)  
t-shirts (3 only) (2 shirts to wear and another to **stay in your sleeping bag at all times!**)  
shirt - long sleeve - all polypropylene  
shorts for hiking (only 1 pr. if you have convertible sahara pants)  
shorts for sleeping (**stays in sleeping bag at all times!**)  
sleeping bag rated to at least 30° (20-25° is best) (line stuff sack with a plastic bag)  
sleeping pad  
sock liners (2 pr)  
socks (3 pr) (heavyweight synthetic/wool) (1 pr in sleeping bag at all times)  
string (a little)  
stuff sack lined with plastic bag (at night food, toiletries and other smellables go in here and in the bear bag)  
sunscreen (at least 25 SPF **non-scented**) (share this)  
tape (just a small amount of duct & electrical) (wrap around a pencil, bottle, or something)  
tent, pegs, ground cloth, 1 extra peg & tent fly (1 tent for every 2 Scouts)  
toilet paper (personal trail supply – crew provided for at camp) (put in plastic ziploc bag)  
towel (old & lightweight)  
trash bags (2-50 gal. bags)  
twist ties for trash bags & emergency repairs (just a few)  
underpants (2 pair CoolMax, nylon or polyester -- **no cotton**)  
utensils (Lexan is best -- no plastic) (2 spoons - no forks or knives) (mark with your name)  
watch  
water bottles, bladder bag (be able to carry 4-5 qts. of water while hiking)  
whistle on lanyard  
wipes for hygiene (just a few)  
ziploc bags (one small, one big and one extra large to wash clothes on trail)

**OPTIONAL ITEMS** (*bring only if you absolutely need or must have*):

athletes foot or talcum powder  
business cards  
cards, playing  
camera  
caribiners  
coffee/tea bags (adults only)  
comb / hairbrush  
earplugs  
eyeglasses repair kit (if you wear glasses)  
gaitors  
highlighter/markers  
lozenges  
mesh bag (can be used to dry clothes on backpack while hiking)  
mirror, small (non-breakable) (your compass may have one)  
"O" rings and pins for backpack repairs  
extra stuff sack as pillow case (leave pillow home!)  
razor (use soap to shave) (or grow a beard!)  
rubber bands  
shampoo (use Campsuds)  
sunglasses  
survival blanket (silver)  
trail tape (a very small amount of bright surveyor's tape for emergencies if lost)  
tripod (lightweight -- for camera)  
vaseline  
vitamins / nutritional supplements  
wash basin (collapsible or use large zipbag)  
wash cloth (use one of your bandannas instead)

## • CREW ITEMS –

These items will be distributed among all crew members:

### **Crew equipment provided by someone in crew/Troop:**

Bag/bottles for carrying water from water source for purifying

dining fly

duct tape

#### **first aid kit (crew size):**

absorbent pads w/ sticky side (2), acetaminophen (25 tablets), adhesive tape (1 in. x 10 yds.), antacid (20) & Pepto Bismal tablets (12), antibacterial cream, antiseptic, bandages (2 large triangular), bandaids (12 large), Benedryl, butterfly strips (10), chapstick, cotton balls (12), elastic wrap, eye protection, gauze (2 in. roll) & pads (6-4x4 and 20 1x1 or 2x2), hydrocortisone cream, ibuprophen (25 tablets), ice packs (2 - crushable), imodium (25 tablets), latex gloves (8 pr.), mouth barrier device, moleskin & foam (2 sheets of each), oral thermometer, Q-tips (12), safety pins (10), sanitizing gel (Purell), syrup of ipecac, small scissors, liquid soap, tongue depressors (4), tweezers, wipes - soap & alcohol based (10 each). Take an Epi pin if someone is allergic to bee stings!

Patrol Leader flag

insect repellent (no aerosol)

3 Polar Pure

maps (put in ziploc bag) (large overall and 2 for areas in which you will be hiking)

measuring cup (8 oz)

3 bear bags

nylon cord (1/8 in. - 3x50')

"O" rings and pins for backpack repairs (just a few)

parafin candles

sanitizing gel for hands

sewing repair kit

soap (biodegradable) (Campsuds)

stoves (2), fuel bottles, matches

multitool

trowel (for catholes)

wire (small amount -- thin & medium thickness for repairs)

cooking pots (weight 3-4 lbs.) :

1 - pot with lid (6 qt.)

1 - extra pot with lid (4 qt) (for washing dishes)

dining fly (12'x12') (weight 4 lbs.)

pot tongs (1) (weight 1/2 lb.)

rope (150' of 1/4" nylon rope)(weight 2 1/2 lbs.) (for bear bag)

salt & pepper

sanitizing chlorine for rinse water

scrub pads

sump frisbee (strainer)

sump scraper

toilet paper

trash bags (10)

utensils for cooking (2 large spoons, 1 large spatula) (1/2 lb.)

yum-yum bag (for food scraps)

**NOTE:** Food adds about 2 lbs. per person per day (if stripped of packaging). A stripped 4 day food pickup will add 8 lbs. to an individual's load. A 6 pound tent split two ways adds three pounds per person. A dry camp may require each individual to carry about 8-9 lbs. of water.