

## **Troop 220 Gear List (Three Season Backpack)**

Generally, a backpack by the Troop will be on a weekend leaving Saturday morning and returning Sunday afternoon. This gear list is therefore for a two day/one-night trip. On occasion we will have longer multi-day treks. Most items are needed no matter the length of the backpack and only the amount of food will need to be adjusted for longer treks. This is not a list for a winter outing. Unlike car camping space/weight is critical when backpacking. Safety is the first concern on all outings but especially so when backpacking because there is no car or shelter available if the weather changes and there is no quick assistance available if somebody gets hurt. Hypothermia, dehydration, heat exhaustion, heat stroke, sunburn, blisters, sprained ankles and falls are all real risks. We can minimize the risk by having the right gear and remembering **The “Ten Essentials” for hiking safety:**

1. Navigation (map and compass, GPS receiver)
2. Sun protection (hat, sunglasses and sunscreen)
3. Insulation (layers, extra clothing)
4. Illumination (headlamp/flashlight, extra batteries)
5. Personal first-aid supplies
6. Fire (waterproof matches/lighter/candles)
7. Repair kit and tools (knife or multi-tool, duct tape)
8. Nutrition (food)
9. Hydration (water)
10. Shelter (tent, bivvy sack, space blanket)
11. Plus: signaling device (whistle, mirror, light)

### **Backpacking Gear**

- Internal or external frame backpack
- Pack Cover (to keep pack dry in wet weather)
- Lightweight backpacking tent with footprint (Two-man size. Scouts will share tent)
- Sleeping bag (good quality down or synthetic with minimum three season rated to 15/20 deg. F)
- Sleeping pad (foam or Thermarest)
- Mess gear (lightweight bowl/cup plus a spork)
- Water bottles/canteens (at least two-liter capacity, refillable) and/or Camelback 2-3 liter capacity
- Flashlight/headlamp (with spare batteries)
- Small folding knife or small multi-tool with blade
- Tape (nylon repair tape or length of duct tape)
- Whistle
- Matches, lighter in waterproof bag
- Rope/line
- Trekking pole (s) (Recommend two poles. For stabilization on rough terrain and water crossings)

### **Clothing/Boots**

Dress and pack in layers. Weather in New Mexico can change quickly.

- Hiking boots (Waterproof lining, i.e. “Goretex” recommended)
- Wool hiking socks. (Wear one/pack one. Put the clean pair on to wear in sleeping bag. Some people also use sock liners)
- Hat (Full brim. Ball cap not recommended)
- Outer layer: Waterproof hooded jacket and rain pants. (Ponchos are not recommended)
- Thermal layer: Insulated jacket, wool sweater or fleece jacket/vest
- Long sleeve shirt (Synthetic recommended for sun protection and layer)

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- Quick dry synthetic T-shirt (Wear one/pack one. Put the clean one on to wear in sleeping bag at night. Cotton shirt is not recommended.)
- Underwear (Wear one/Pack one. Put the clean on to wear in sleeping bag at night)
- Hiking pants/shorts (Lightweight synthetic hiking pants convertible to shorts recommended. Jeans/cotton pants are not recommended)
- Stocking cap/beanie (If weather turns cold and to wear in sleeping bag at night)
- Thermal underwear (Lightweight synthetic tops and bottoms)
- Gloves

### **Personal Gear**

- Toiletries (travel size toothpaste/brush, small tube/bottle of camp soap, comb)
- Bandana (s)
- Lip balm
- Sunscreen (SPF 30 min)
- Personal first aid kit (various sized band aids, gauze pad, anti-biotic ointment, tape, moleskin, analgesic, i.e., aspirin, naproxen[Aleve], ibuprofen [Advil, Motrin] or acetaminophen [Tylenol] )
- Zip-lock bags (use gallon size to pack extra clothes and for food. Quart size to stow misc'l items)
- Small roll of toilet paper
- Wristwatch

### **Optional but may want/need depending on the trip:**

- Swimsuit
- Small quick dry towel/washcloth
- Water shoes
- Fishing gear
- Playing cards
- Pocket sized paperback book
- Sunglasses
- Lightweight camp shoes (i.e. moccasins)
- Insect repellent
- Lightweight camera
- Small day pack/fanny pack (For side hikes. The “brain” on many internal frame backpacks converts to a fanny pack)
- Additional water bottles (i.e. collapsible Platypus) if dry camp (no water) planned

### **Troop Gear**

The Troop will provide this gear:

- Bear bag (s), rope and carabineer.
- Water filtration units
- Backpacking stoves and fuel
- Map/compass/GPS unit.
- Trowel
- Small cooking pots

### **Food**

- Dehydrated pre-packaged main meals are available at outfitting stores. Add boiling water.
- Crackers, dried fruit, nuts, granola bars, trail mix, soup packets, beef sticks, coffee/tea/cocoa packets, oatmeal packets, ramen noodles, tuna packets, powdered energy drinks are examples of lightweight packable food available at grocery stores.