

Weekend Backpack Packing List

The goal: Be Prepared, but Pack Light. Your pack should weigh no more than 20 pounds without food, water, and crew gear. 15 pounds is better!

HAVE		NEED
	Pack and Sleeping	
<input type="checkbox"/>	Backpack (that fits you) Extra straps are recommended - especially on bottom of pack	<input type="checkbox"/>
<input type="checkbox"/>	Backpack cover or trash bag	<input type="checkbox"/>
<input type="checkbox"/>	Sleeping Bag (backpacking - not car camping) in plastic bag and stuff sack	<input type="checkbox"/>
<input type="checkbox"/>	Sleeping Pad	<input type="checkbox"/>
<input type="checkbox"/>	Sleep clothes (could be shorts and t-shirt or long underwear in fall /winter)	<input type="checkbox"/>
	Personal care items	
<input type="checkbox"/>	Toothbrush S	<input type="checkbox"/>
<input type="checkbox"/>	Glasses/Contacts (and care supplies) S	<input type="checkbox"/>
<input type="checkbox"/>	Dookie kit in Gallon freezer Ziplock	<input type="checkbox"/>
	Toilet Paper enough for yourself for the duration of the trip	
	Brown lunch sacks (a few)	
	Small sandwich ziplocks	
	Small hand sanitizer S	
<input type="checkbox"/>	A smellable bag - Gallon-sized Freezer Ziplock with your name on it	<input type="checkbox"/>
	Inside:	
<input type="checkbox"/>	Small sunscreen S	<input type="checkbox"/>
<input type="checkbox"/>	Small first-aid kit S	<input type="checkbox"/>
<input type="checkbox"/>	Any moleskin and blister supplies S	<input type="checkbox"/>
<input type="checkbox"/>	Feminine products (if applicable) S	<input type="checkbox"/>
<input type="checkbox"/>	ChapStick S	<input type="checkbox"/>
<input type="checkbox"/>	Insect Repellent (very small) S	<input type="checkbox"/>
<input type="checkbox"/>	Small toothpaste S	<input type="checkbox"/>
	10 Essentials and beyond	
<input type="checkbox"/>	Knife (very small)	<input type="checkbox"/>
<input type="checkbox"/>	Duct Tape wrapped around a small pencil (will go in smellable bag) S	<input type="checkbox"/>
<input type="checkbox"/>	2 additional Ziplock Bags	<input type="checkbox"/>
<input type="checkbox"/>	2 large safety pins	<input type="checkbox"/>
<input type="checkbox"/>	Waterproof matches or lighter	<input type="checkbox"/>
<input type="checkbox"/>	Signal mirror	<input type="checkbox"/>
<input type="checkbox"/>	Map case (ziplock)	<input type="checkbox"/>
<input type="checkbox"/>	Compass	<input type="checkbox"/>
<input type="checkbox"/>	Flashlight or headlamp and extra set of batteries	<input type="checkbox"/>
<input type="checkbox"/>	25 ft of nylon cord	<input type="checkbox"/>
<input type="checkbox"/>	Whistle	<input type="checkbox"/>
<input type="checkbox"/>	Bandana (Even 2 is OK)	<input type="checkbox"/>
<input type="checkbox"/>	Wide brimmed hat	<input type="checkbox"/>
<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>
<input type="checkbox"/>	Rain gear (could be medium weight poncho or Frogg Togg type rain suit)	<input type="checkbox"/>



Denotes a smellable item. Must not be in tent. Must be hung in bear bag, put in bear canister, or in bear locker overnight. Do not pack a big wad of smellable items that we have to hang or stuff in canisters.



Denotes a smellable item. Must not be in tent. Must be hung in bear bag, put in bear canister, or in bear locker overnight. Do not pack a big wad of smellable items that we have to hang or stuff in canisters.

HAVE

NEED

Personal Mess Kit (think light)

- | | | |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 1-2 Nalgene Liter bottle | <input type="checkbox"/> |
| <input type="checkbox"/> | Small lightweight cup / bowl | <input type="checkbox"/> |
| <input type="checkbox"/> | Spork | <input type="checkbox"/> |
| <input type="checkbox"/> | 1-2 Liter hydration reservoir (e.g. Camelbak, Platypus, Osprey & other options) | <input type="checkbox"/> |

 If drink mix has been added



Clothing No Jeans - No Cotton (won't dry out when wet and heavy)

- | | | |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | 1 pair wool hiking socks | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair liner socks | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 pair underwear | <input type="checkbox"/> |
| <input type="checkbox"/> | 1 T-shirt (wicking is best) | <input type="checkbox"/> |
| <input type="checkbox"/> | Fleece top (jacket - for warmth) | <input type="checkbox"/> |
| <input type="checkbox"/> | Warm hat | <input type="checkbox"/> |
| <input type="checkbox"/> | Warm Gloves | <input type="checkbox"/> |
| <input type="checkbox"/> | Long Underwear (poly) (can be your sleepwear) | <input type="checkbox"/> |
| <input type="checkbox"/> | Rain gear (poncho or Frogg Togg suit - High Quality rain gear is needed for all long-term BPs) | <input type="checkbox"/> |

Items you wear on the trail

- | | | |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | Boots or trailshoes (waterproofed if applicable) | <input type="checkbox"/> |
| <input type="checkbox"/> | Wool socks | <input type="checkbox"/> |
| <input type="checkbox"/> | Liner socks | <input type="checkbox"/> |
| <input type="checkbox"/> | Convertible pants | <input type="checkbox"/> |
| <input type="checkbox"/> | Wicking shirt | <input type="checkbox"/> |
| <input type="checkbox"/> | Underware | <input type="checkbox"/> |
| <input type="checkbox"/> | Sun hat or visor | <input type="checkbox"/> |
| <input type="checkbox"/> | Scout or Venturing Uniform for car ride | <input type="checkbox"/> |

Other Items

- | | | |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | 2 large outdoor sized trash bags (comes in handy - keeps things dry - can wear them too!) | <input type="checkbox"/> |
| <input type="checkbox"/> | Any medication (Let the trek leader know)  | <input type="checkbox"/> |
| <input type="checkbox"/> | Small Bag of trail mix / couple bars for trail snacks / candy for trail  | <input type="checkbox"/> |

Optional Items (but remember to pack light)

- | | | |
|--------------------------|----------------------|--------------------------|
| <input type="checkbox"/> | Camp Chair | <input type="checkbox"/> |
| <input type="checkbox"/> | Camp Shoes | <input type="checkbox"/> |
| <input type="checkbox"/> | Extra pair of shorts | <input type="checkbox"/> |
| <input type="checkbox"/> | Camera | <input type="checkbox"/> |
| <input type="checkbox"/> | Watch | <input type="checkbox"/> |



Denotes a smellable item. Must not be in tent. Must be hung in bear bag, put in bear canister, or in bear locker overnight. Do not pack a big wad of smellable items that we have to hang or stuff in canisters.

HAVE

NEED

Optional Items (con't) (but remember to pack light)

<input type="checkbox"/>	Handwarmers (seasonal) (S)	<input type="checkbox"/>
<input type="checkbox"/>	Book	<input type="checkbox"/>
<input type="checkbox"/>	Cards / Games	<input type="checkbox"/>
<input type="checkbox"/>	Pillow	<input type="checkbox"/>
<input type="checkbox"/>	Day Pack (for day hikes)	<input type="checkbox"/>
<input type="checkbox"/>	Emergency Space Blanket	<input type="checkbox"/>
<input type="checkbox"/>	Foot Powder (S)	<input type="checkbox"/>
<input type="checkbox"/>	Camp Towel (backpacking type)	<input type="checkbox"/>
<input type="checkbox"/>	Binoculars	<input type="checkbox"/>
<input type="checkbox"/>	Gators	<input type="checkbox"/>
<input type="checkbox"/>	Hand Cream (S)	<input type="checkbox"/>
<input type="checkbox"/>	Treking poles	<input type="checkbox"/>

Crew & Troop Gear (provided by Troop and Crew) - Leave room in pack to carry some items

<input type="checkbox"/>	Pot / Lid / Handle / Lifters	<input type="checkbox"/>
<input type="checkbox"/>	Spatula and Spoon for Serving as necessary	<input type="checkbox"/>
<input type="checkbox"/>	Flexible cutting board	<input type="checkbox"/>
<input type="checkbox"/>	Camp Suds / Small Sponge / Green Scrubby / Strainer (S)	<input type="checkbox"/>
<input type="checkbox"/>	Hand Sanitizer (S)	<input type="checkbox"/>
<input type="checkbox"/>	Stove / Fuel Canister (fuel carried upright and by adults or older Venturers or Scouts)	<input type="checkbox"/>
<input type="checkbox"/>	Shovel / Trowel	<input type="checkbox"/>
<input type="checkbox"/>	Turkey Bags (if Applicable)	<input type="checkbox"/>
<input type="checkbox"/>	Water Purification (i.e. filters / tablets)	<input type="checkbox"/>
<input type="checkbox"/>	Dromedary Bags	<input type="checkbox"/>
<input type="checkbox"/>	Sewing Kit	<input type="checkbox"/>
<input type="checkbox"/>	Sunscreen (group size) (S)	<input type="checkbox"/>
<input type="checkbox"/>	Bug Spray (group size) (S)	<input type="checkbox"/>
<input type="checkbox"/>	Group First-Aid Kit (carried by Adults or older Venturers or Scouts) (S)	<input type="checkbox"/>
<input type="checkbox"/>	Wash Basin (optional)	<input type="checkbox"/>
<input type="checkbox"/>	Bear Bag (high-tech EXPENSIVE - take care of) (S)	<input type="checkbox"/>
<input type="checkbox"/>	Bear Canisters as necessary (S)	<input type="checkbox"/>
<input type="checkbox"/>	Tent (1 per 2 Venturers / Scouts) (18 year old Venturers must tent together or alone)	<input type="checkbox"/>
<input type="checkbox"/>	1 Ground cloth per tent	<input type="checkbox"/>
<input type="checkbox"/>	Mallet	<input type="checkbox"/>
<input type="checkbox"/>	Driver Books (for drivers - 1 in each car)	<input type="checkbox"/>

If this is one of your first backpacks, please do not go out and buy a lot of expensive gear. Ask if you don't have an item and it perhaps can be substituted. Before buying expensive gear, we want to know you like backpacking and will continue to backpack to warrant the expense of high-end gear. If you are prepping for a long-term backpack, we won't want you to skimp. Gear will have to hold up to weather and many days.