

TROOP 537

Summer Backpacking Personal Equipment List

Wear or carry in pockets:

- Boonie hat (Propper style, olive)
- Mosquito headnet
- Troop T-shirt
- Underwear, moisture wicking preferred
- BDUs with belt & buckle
- Hiking socks
- Hiking boots, waterproof
- Backpack, properly fitted
- Hiking staff
- Compass
- Pocket knife (must have Totin' Chip)
- Gloves

Carry where it is readily accessible:

- Survival kit
- Water bottles*/bladder, at least 2 quarts/liters
- Rain suit and backpack cover, or backpacker's poncho
- Headlamp/Flashlight
- Insect repellent (max 30% DEET)*
- Sunscreen (min. 25 SPF)*
- Chapstick/lip balm*
- Toilet paper in Ziploc bag

Carry inside or attached to pack:

- Lunch for each day on the trail* – not to exceed 6 oz. per day
- Money for food when traveling to/from trip – about \$10
- Equipment:
 - Sleeping bag in waterproof bag
 - Sleeping pad
- Personal Toilet Kit:
 - Toothbrush*
 - Toothpaste*
- Personal Kitchen Kit:
 - Hiking cup
 - Plate or bowl, metal or plastic
- Clothing:
 - Troop T-shirt
 - Underwear, moisture wicking preferred
 - Hiking socks (2)
 - Flannel shirt/sweatshirt/fleece
- 3 - 1 gallon Ziploc bags
- Soap*
- Backpacker's towel
- Eating utensils, metal or lexan – not plastic
- Bear Canister/Bag (approx 13 liter bag)
- Wool or fleece cap
- Swim trunks
- Water shoes/Lightweight shoes

Optional Equipment:

- Underarmor
- Camera
- Watch
- Fishing License & Equipment
- Sunglasses with retainer strap
- Powder*
- Paper towels
- Small Notebook

Survival Gear

- Carry Bag
- Emergency blanket
- Lighter/Matches in waterproof container*
- Fire starters (in a waterproof bag)*
- Water purification tablets
- 2 candy bars*
- First aid kit (minimum items):*
 - 2 - Gauze pads*
 - 2 - Regular Band-Aids*
 - Sealed envelope Second Skin*
 - 2 - Pain reliever "sample-sized" packets*
- Whistle
- Small lightweight metal signal mirror
- Small notepad and pencil
- 1-30 gallon garbage bag
- Duct tape (small roll approx 4 ft)*
- 20 ft. x 1/8 inch nylon cord
- Benadryl*
- Imodium Tablets*
- Medications (with you as necessary)*

* Items that must go into Bear Canister/Bag