

One Night Backpacking Packing List

(bring items with you to pack check- in garbage bag if renting pack)

- Backpack with hipbelt
- Sleeping bag stuffed into 13 gallon trash bag then into stuff sack
- Sleeping pad- closed cell
- Suitable hiking shoes- sturdy tennies ok
- Pack cover- 30 gallon trash bag fine

Clothing -NO COTTON: includes WHAT YOU WEAR

- 2 pair wool or acrylic hiking socks
- 2 pair sock liners (optional)
- 1 pair long pants (not jeans)
- 1 pair shorts
- 2 t-shirts
- Wool sweater or fleece
- Synthetic thermals
- Change of underwear- undies and sports bra
- Sun hat with brim
- Gloves/warm hat
- Rain coat or poncho
- Rain pants
- Windbreaker-lightweight nylon
- Bandannas

Cooking

- 2 Non breakable water bottles- quart size
- insulated lidded mug
- Tupperware style sandwich size dish with lid
- Fork/spoon
- Pocket knife
- Waterproof matches or lighter

Other Personal Gear

- Toiletries (toothbrush/toothpaste (small), brush/comb)
- Feminine hygiene products and ziplocks
- Small pack towel
- Sunscreen/bug juice/lip balm with sunscreen
- Pocket potty- trowel, TP, ziplocks, hand san
- First aid kit- moleskin, bandaids, antiseptic wipes
- Hand sanitizer- unscented
- Emergency repair- large safety pins, several inches duct tape wrapped around small pencil,
- Compass
- Small flashlight -extra batteries and bulb

- Whistle
- Map
- Sunglasses
- Medication in original pharmacy bottles to turn in to leader/may keep inhaler
- Camera (not cell phone)
- Something to swim in (optional)
- Small book/cards/notepad/pencil (optional)
- Other optional- contact lens solution, retainer case etc

Patrol Equipment- will decide at meeting who is bringing for each patrol-

- Tent with rain fly and ground cloth
- Stove with fuel (no liquid fuel)
- Cooking kit- 2 pots, dipping cups, stirring spoon, pot grabber
- Cleaning kit- scrubbie, wire sieve, soap
- Food in approved Bear canister
- Extra quart size ziplock for trash
- Collapsible bucket
- Water purifier

Items to add or exchange (notes from pack inspection)

Food to Bring

NO ELECTRONICS- ipads, ipods, cell phone etc

