

# Backpacking Generic Packing List

## Weekend Backpacking (1-3 days)

(tailor list based on time of year and needs)

### Clothing

- Bandana or Handkerchief - Many uses, including first aid.
- Change of Clothing - Leave in car so you can go home clean and dry
- Gloves (Liner)
- Gloves/Mittens (Warm)
- Hat (Brim) - Wide brimmed hat to protect the skin from the sun
- Hat (Knit) - Polypro hats work well. Not just for winter, good for cool evenings
- Hiking Boots - Gortex boots work well, no tennis shoes. Boots should be water treated
- Hiking Pants (Long) - Hiking pants with removable legs are best. No Blue Jeans as they don't dry out
- Hiking Pants (Shorts) - If zipper pants are used, these are not needed
- Jacket/Fleece - A fleece combined with a rain gear will eliminate the need for another jacket
- Long Underwear (Mid Weight) - Polypro under rain gear will really help if you get chilled
- Rain Gear - Breathable top/bottom, no ponchos, they don't hold up. Also serves as outer layer
- Shirt (Heavy) - 1 heavy Polypro or wool for cool weather
- Shirt (Long Sleeve)
- Shirt (Short Sleeve, Wicking) - 2-3 shirts should be brought. Excellent base layer to keep the skin dry
- Shoes (lightweight) - It usually feels good to get out of your boots at the end of the day
- Sleeping Clothes - Only worn in sleeping bag. Helps keep sleeping bag clean. Shorts & T shirt work well
- Socks (Heavy) - 2 or 3 pair of wool work well. Liners needed if wool socks are selected. No cotton socks
- Socks (Liner) - May not be needed depending on heavy sock type
- Swim Suit
- Underwear - Quick dry wicking variety better than cotton

### Gear

- Backpack - 3000-6000 cu in. Internal or External frame ok. Hip belt required
- Backpack Cover - A garbage bag will work in a pinch
- Books
- Camera
- Compass
- Compression Sacks - For sleeping bag, clothing, etc.
- Cup - Large unbreakable type also serves as bowl
- Day Pack
- Eating Utensils - Unbreakable type work best. Depending on the menu, a spoon is usually all you need
- Flashlight - With extra batteries and bulbs. Bring two if you don't pack a headlamp
- Head Lamp
- Garbage Bags - 3 for Misc. use
- Hand Sanitizer
- Hiking Poles - Can be used for rain fly to reduce weigh
- Hydration Bladder - Always bring if water sources are going to be scarce. 2 quart a good size
- Knife - small one (no sheath knives)
- Lighter / Water Proof Matches
- Notebook & Pen/Pencil

- Sleeping Bag - Keep sleeping bag in a garbage bags to keep it dry
- Sleeping Pad
- Soap - Biodegradable
- Straps to Attach Sleeping Bag - Only needed when using external frame pac
- Stuff Sacks - Small for misc. items, and medium for food
- Sun Glasses
- Tent - One man for adults, two man for boys. 2 boys can share the load
- Toilet Paper
- Water Bottle - 2 to 3 one-quart Nalgene™ bottles. 2 usually sufficient if you bring a hydration bladder
- Zip Lock™ Bags - 3 large for food and garbage

### **Personal Items**

- First Aid Kit (Small) - A small personal kit with blister control items
- Food (no "wet" foods)
- Gold Bond Powder - To prevent Chafing
- Hand warmer (chemical) - 2-4 packets handy
- Lip Balm
- Whistle (for emergency use)
- Prescription Medications
- Search & Rescue Card - If available in your state. Included on some fishing licenses
- Toilet Kit - No deodorant on trail, it attracts bears. Include personal medications
- Towel (small)

### **Group Gear**

- Tick Kit - Includes tweezers, small magnifying glass, small container to store tick in (to take to doctor)
- Backpacking Stove - 1 per 2-3 hikers
- Bear Bag - Waterproof bags are best, and it is not just bears that you worry about
- Bear Repellent - Always a good idea if Bears frequent the area
- Binoculars
- Cooking Pots - 1 per stove
- Emergency fire starte
- First Aid Kit (Large) - one well stocked larger first aid kit can be better than Scouts packing their own
- GPS - With extra batteries. (Mark car location!
- Insect Repellent - Know what bugs to expect where you are going
- Maps - there should be at least two sets in case the group needs to split up for some reason
- Rain Fly
- Repair Kit - Include a small multi-tool in kit
- Rope - 50 feet of parachute cord
- Shovel (Small) - 1 or 2 per group. Used in conjunction with toilet paper if permitted in area
- Stove Fuel - Bring extra if cold temps expected, or you will be melting snow
- Sunscreen
- Water Bladder (Large) - Good when water is scarce. 3 quart or larger
- Water Purification Tablets or Water Purifier - 1 per 2-3 hikers is sufficient