



## ScoutLists.com Weekend Backpacking Trip

### Packing List

**Climate:** Mountains

**Season:** Summer

**Duration:** 1 to 3 Nights

**For Male/Female Participants**

This list would be appropriate for a typical short term backpacking trip where you are with a group of people and typically not more than a few hours walking if help were needed. Possibility of fishing along the way.

### Clothing Class A uniform (parking lot & flag ceremony) Class B Shirt (t-shirt)

Class A

- Bandana or Handkerchief** - Many uses, including first aid. \*
- Change of Clothing** - Leave in car so you can go home clean and dry. \*
- ~~**Gators** - Useful to keep scree, bugs, twigs, and snow out of your boots. \*~~
- ~~**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 well at all.
- Hiking Pants (Shorts)** - If zipper pants are used, these are not needed. Long pants are always ok if you don't like shorts. \*
- Jacket/Fleece** - A fleece combined with a rain gear will eliminate the need for another jacket.
- ~~**Long Underwear (Mid Weight)**~~ - Mid weight Polypro under rain gear will really help if you get chilled.
- Rain Gear** - Breathable Top and bottom, stay away from ponchos, they don't hold up. Also serve as outer layer to keep out wind.
- 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 & Tee shirt work well. \*
- Socks (Heavy)** - 2 or 3 pair of Smartwool work well. Liners needed if wool socks are selected. No cotton socks.
- Socks (Liner)** - May not be needed depending on heavy sock type. \*
- ~~**SXim Suit**~~ - Trunks for boys, one piece for girls. \*
- 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. Always bring if there is a chance of rain or snow.
- Books \***
- Knife** - A small one is all you need.
- Lighter / Water Proof Matches** - Piezoelectric lighters don't work well above 9,000 feet.
- Notebook & Pen/Pencil \***

### 11 Essentials

- ~~\_\_\_\_\_ **Camera** \*~~
- ~~\_\_\_\_\_ **Camera Tripod** - Small (6") one for digital camera works great. \*~~
- \_\_\_\_\_ **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.
- \_\_\_\_\_ **Fishing Equipment & License** \*
- \_\_\_\_\_ **Flashlight** - With extra batteries and bulbs. Bring two if you don't pack a headlamp.
- \_\_\_\_\_ **Garbage Bags** - 3 for Misc. use.
- \_\_\_\_\_ **Hand Sanitizer**
- \_\_\_\_\_ **Head Lamp** \*
- \_\_\_\_\_ **Hiking Poles** - Can be used for rain fly to reduce weight. \*
- ~~\_\_\_\_\_ **Hydration Bladder** - Always bring if water sources are going to be scarce. 2 quart a good size. \*~~

**Sleeping Bag** - Down compresses better for an internal frame pack. Down or fiber both work with an external frame pack. Down must be kept dry!. Keep sleeping bag in a garbage bags to keep it dry.

\_\_\_\_\_ **Sleeping Pad** - Therma-rest™ works great.

\_\_\_\_\_ **Soap** - Biodegradable \*

~~\_\_\_\_\_ **Straps to Attach Sleeping Bag**  
Only needed when using external frame pack \*~~

\_\_\_\_\_ **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. Screen interior walls not ideal if high wind or snow expected.

~~\_\_\_\_\_ **Tick Kit** - Includes tweezers, small magnifying glass, small container to store tick in (to take to doctor), and also some medical alcohol wipes.~~

\_\_\_\_\_ **Toilet Paper**

\_\_\_\_\_ **Water Bottle** - 2 to 3 one quart 2 Filled with Water  
Nalgene™ bottles work well. 2 usually sufficient if you bring a hydration bladder as well. More in dry areas.

\_\_\_\_\_ **Zip Lock™ Bags** - 3 large for food and garbage

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## Personal Items

- \_\_\_\_\_ **First Aid Kit (Small)** - A small personal kit with blister control items.
- \_\_\_\_\_ **Food** - The backpacking dinners "for 2" are usually about the right size for one person.
- ~~\_\_\_\_\_ **Gold Bond Powder** - To prevent Chafing \*~~
- ~~\_\_\_\_\_ **Hand warmer (chemical)** - 2-4 packets handy. \*~~
- \_\_\_\_\_ **Lip Balm**
- ~~\_\_\_\_\_ **Pee Bottle (a.k.a. Thunder Jar)**  
(males only) \*~~
- \_\_\_\_\_ **Prescription Medications** \*
- ~~\_\_\_\_\_ **Search & Rescue Card** - If available in your state. Included on some fishing licenses. \*~~
- \_\_\_\_\_ **Tampons/sanitary napkins** (females only) \*
- \_\_\_\_\_ **Toilet Kit** - No deodorant on trail, it attracts bears. Include personal medications.
- \_\_\_\_\_ **Towel (Small)** \*

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## Group Gear

- \_\_\_\_\_ **Backpacking Stove** - 1 per 2-3 hikers.
- \_\_\_\_\_ **Maps** - Not everyone needs a set of maps, but there should be at least two

\_\_\_\_\_ **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** \*~~

\_\_\_\_\_ **Bucket (Collapsible)** \*

\_\_\_\_\_ **Cooking Pots** - 1 per stove.

\_\_\_\_\_ **Emergency fire starter**

\_\_\_\_\_ **First Aid Kit (Large)** - Sometimes one well stocked larger first aid kit is better than each team member packing their own.

\_\_\_\_\_ **GPS** - With extra batteries. (Mark car location!) \*

\_\_\_\_\_ **Insect Repellent** - Know what bugs to expect where you are going.

~~\_\_\_\_\_ **Lantern (Small)** \*~~

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)** - Small lightweight. 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**                      Waterbottles preferred

~~\_\_\_\_\_ **Water Bladder (Large)** - Good when water is scarce. 3 quart or larger. \*~~

\_\_\_\_\_ **Water Purification Tablets** \*

\_\_\_\_\_ **Water Purifier** - 1 per 2-3 hikers is sufficient.

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\* Optional Item

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**Please Note:** This is only a recommended minimum set of equipment based on the past experiences of many individuals. We do not guarantee that it is all inclusive or appropriate for the activities you are planning. The trip leader, and common sense should always dictate the equipment you actually pack.

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