

## Backpacking Packing List

### Items Each Individual Is To Bring:

- A backpack (one suitable that can hold all the items listed below)
- A sleeping bag (preferably a backpacking one, but for short treks a normal one can work)
- Some type of sleeping pad (optional, not recommended unless specialized for backpacking)
- Rain gear (lightweight)
- Flashlight (include spare batteries)
- 2 Pairs of hiking socks for everyday (in Ziploc bag)
- A change of clothing (by experience I only take one pair of zip off pants for the whole hike and a pair of shorts to sleep in. Also only one hiking shirt and one to sleep in)
- Some sort of fire starting (matches, lighter, flint & steel, etc.)
- Plenty of water containers (preferably 3 or more)
- Compass
- Whistle
- Mess kit (bowl, fork, spoon)
- Personal First-Aid kit
- Towel (small camp towel or just something small and lightweight)

### Items Between Tent Buddies

- A stove (with gas) *\*this is for a typical trip and we know that we may not have the resources to have this for each pair; it is only a general description to go by.*
- A tent
- Food (we will provide, the \$ due will be given at a later date)
- Some sort of metal bowl or pot to boil water in (backpacking grade)

### Items Between The Crew

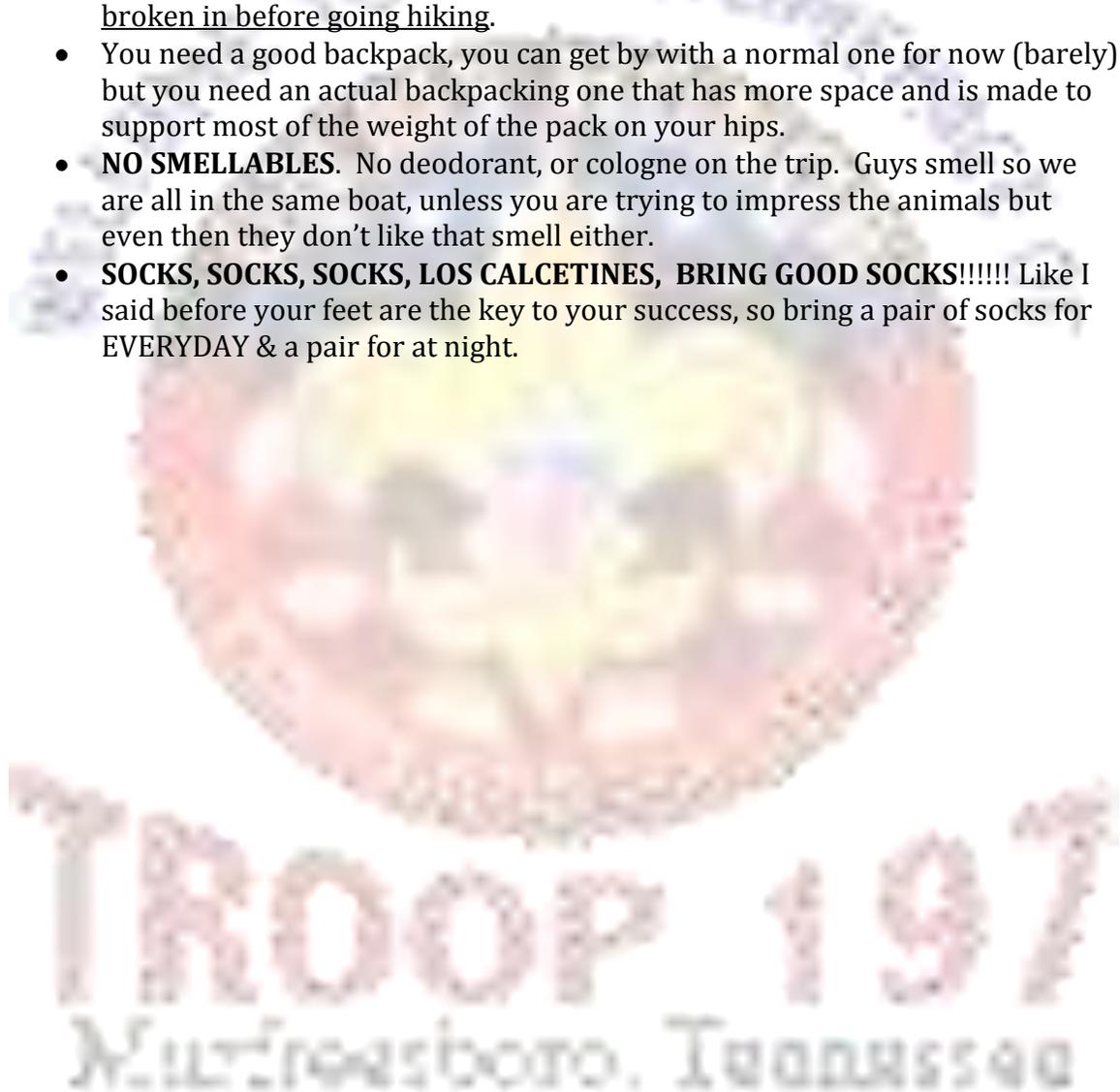
- Cleaning (camp soap for dishes)
- Water purification & sterilization system (including iodine tablets, steripens, or other devices)
- Trash bag
- Bear bag (including rope)

### Optional Items

- Camera
- Bug Spray
- Sun Block
- Tooth brush & paste

### Things To Keep In Mind While Packing

- Cotton Kills; meaning **DO NOT** pack cotton clothing, especially socks. It holds moisture and is hot.
- **WEIGHT** is key; the goal of backpacking is to bring everything you need to survive on a hike by only packing it in a backpack but remember you will be carrying this on your shoulders the whole trip so pack as little as you can get by with and as light weight as you can get it.
- A good pair of hiking boots is critical; your feet get you where you need to go so blisters and other irritations can ruin your trip. Make sure the boots are broken in before going hiking.
- You need a good backpack, you can get by with a normal one for now (barely) but you need an actual backpacking one that has more space and is made to support most of the weight of the pack on your hips.
- **NO SMELLABLES.** No deodorant, or cologne on the trip. Guys smell so we are all in the same boat, unless you are trying to impress the animals but even then they don't like that smell either.
- **SOCKS, SOCKS, SOCKS, LOS CALCETINES, BRING GOOD SOCKS!!!!!!** Like I said before your feet are the key to your success, so bring a pair of socks for EVERYDAY & a pair for at night.



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