

# What to Bring Backpacking

## EQUIPMENT

Backpack  
Sleeping Bag  
Sleep pad  
Tent (we will distribute tents on Monday)  
2 water bottles  
Flash Light or headlamp  
15 feet of light-weight rope  
First Aid Kit  
Bowl, spoon/fork (do not bring your entire mess kit)  
Rain gear (poncho or rain-coat)  
4 large trash bags  
4 large zip-lock bags  
1 to take your trash and dirty dishes out in  
2 to put in your boots in case you step in water  
1 extra  
Tooth-brush

## CLOTHING

Hiking boots  
1.5 pairs of socks per day  
Extra underwear  
Long underwear (it will likely be chilly at night)  
Fleece sweatshirt  
Coat & gloves (please wear layers for warm (you'll get warm when we are hiking and cold when we stop)  
2 winter hats (one to sleep in, one to wear if it is cold)

## FOOD

3 meals (lunch, dinner, breakfast)  
Energy snack food (ie. trail mix, hard cheese, meat sticks, fruit, etc)  
Nothing that requires refrigeration  
MREs are great for dinner. (You can buy them at camping stores like RIE, Natick Outdoor Store)  
Lunch can be a sandwich but pack it in a plastic container

### **IN YOUR SURVIVAL KIT**

Fire-starter and matches

Water purification tablets (Required!)

Compass

Whistle

Pocket knife

Basic first-aid supplies (if you have a second-class first-aid kit that you made, bring it.

If not, look in your book and make on up.)

Watch

### **OPTIONAL STUFF**

Light-weight camp stove (please bring one if you have one, otherwise we will share)

Hiking poles or walking stick

Pot for boiling water

GPS

Backpack saw or hatchet (unless you have light-weight tools, don't bring saws/hatchets)

Extra short straps or bungee cord to tie stuff down on your pack

Troop will supply (to be distributed Monday night)

Water filters

First Aid Kits

GPSs

Tents

Pots for boiling water (scroll down for more info)

### **4-day CAMPERS**

You will need 9-10 meals

Dried food will be key.

We will talk about how to dehydrate and rehydrate food at Monday's meeting.

You will need enough water purification for 4 days.

Plan on purifying at least 2-quarts of water per day.