

Backpacking Packing List

Housing/Packing:

- Backpacking backpack
- Pack cover (waterproof nylon)
- Sleeping bag w/stuff sack
- Sleeping Pad (ie. foam or Thermarest)
- Air Pillow (optional)
- Camp chair (optional)

Clothing:

- Hiking boots (broken in)
- 1-2 pairs hiking socks
- 1-2 pairs sock liners (polypro, optional)
- 2 pairs underwear
- 1 pair shorts / pants (no jeans)
- 2 shirts
- Long sleeve shirt
- 1 long pants (no jeans)
- 1 light jacket (wool, fleece, or down)
- Stocking cap (wool or polypro)
- 1 pair thin gloves
- 1 Rain jacket
- Sleep clothes (t-shirt/ gym shorts)
- Camp shoes (Crocs)

Toiletries:

- Toothbrush and toothpaste
- Brush
- Hair ties
- Lip balm
- Light Towel
- Toilet Paper
- Feminine hygiene products (if applicable)
- Contacts, solution + extra pairs of contacts (if applicable)
- Glasses (if applicable)

Scout Materials:

- 1 Plastic or silicon bowl
- 1 Cup
- 1 Spoon or spork (one utensil)

- 2 water bottles (Nalgene, Platypus, etc.)
- Small pocketknife
- Flashlight (batteries)
- Bandannas
- Ditty bag (for items in bear bag)
- First Aid Kit:
 - Band-aids
 - Moleskin
 - Gauze
- Whistle
- Watch
- Compass
- Paracord
- Sunscreen
- Bug spray
- Large Ziploc bags
- Hiking Poles (optional)