

Personal Gear**What You'll Wear:**

- Wristwatch
- Pocket knife or multi-tool
- Whistle
- Sunglasses (optional)
- Backpack

What You'll Bring, But Leave in Car for Trip Home:

- Clean change of clothes
- Comfortable shoes and socks
- Appropriate outerwear for trip home
- Something to drink and a snack

Clothing**What You'll Wear:**

- Pants (preferably synthetic - NO JEANS)
- T-shirt (preferably synthetic, but cotton OK)
- Underwear (preferably synthetic, but cotton OK)
- Wool or synthetic socks
- Polypropylene liner socks
- Long sleeve shirt (preferably not cotton)
- Jacket
- Waterproof hiking boots (done before you leave home)

Personal Gear**What You'll Pack:**

- Map
- Compass
- Flashlight/Headlamp
- Extra batteries
- Extra snack food (no cooking required)
- First Aid kit (be sure to have moleskin in case of blisters)
- Waterproof matches and/or lighter
- Firestarter (optional)
- Water bottles with water (2 x 1 qt.)
- Insect repellent (DEET)
- Daypack (if we're going on a separate day hike)
- Large garbage bags (2)
- Duct tape (a few feet only - suggestion: wrap it around your water bottle)
- Rope (50' parachute or light cord)
- Sleeping bag (in a plastic bag in a stuffsack)
- Sleeping pad (in a plastic bag)
- Backpack rain cover (or large plastic garbage bag)
- Food bowl, Cup & utensils
- Toothbrush & toothpaste
- Toilet paper (in a zip-lock bag)
- Moist towelettes (anti-bacterial)
- Medications - Please give to SM with dosages & schedules
- Extra glasses and/or contact lenses (if applicable)
- Small camera (optional)
- Boy Scout handbook & pen (in plastic bag)

Clothing**What You'll Pack (in plastic zip-lock bags):**

- Lightweight thermal underwear top (polypropylene - NO COTTON)
- Lightweight thermal underwear bottom (polypropylene - NO COTTON)
- Midweight thermal underwear top (polypropylene - NO COTTON)
- Midweight thermal underwear bottom (polypropylene - NO COTTON)
- Wool or fleece hat
- Gloves (wool or synthetic - waterproof is best)
- Wool or synthetic socks (2 pr.)
- Polypropylene liner socks (1 pr.)
- T-shirt (preferably synthetic, but cotton OK)
- Underwear (preferably synthetic, but cotton OK)
- Raingear - waterproof poncho and/or waterproof/breathable jacket & pants
- Fleece or wool sweater
- Pants (preferably synthetic - NO JEANS)
- Long sleeve T-shirt (preferably synthetic, but cotton OK)

Patrol Equipment**What You'll Wear:** Not ApplicablePatrol Equipment**What You'll Pack (to be divided up amongst patrol members):**

<input type="checkbox"/>	1 - Tent per 2 Scouts (includes tent, rain fly, stakes, poles & ground cover)
<input type="checkbox"/>	Food
<input type="checkbox"/>	2 - Mid-sized pots w/covers
<input type="checkbox"/>	Backpacking stove
<input type="checkbox"/>	Fuel for stove
<input type="checkbox"/>	Water filter/purifier (optional)
<input type="checkbox"/>	Lightweight trowel or shovel
<input type="checkbox"/>	Backpacking lantern & fuel (optional)
<input type="checkbox"/>	1 gal zip-lock bags for garbage (2 per person)
<input type="checkbox"/>	Biodegradeable soap

Notes:

- Remember, we have to pack out whatever we pack in, including our garbage (Leave No Trace)
- Remember that when you pack at home, you need to leave space in your pack for your patrol equipment and food
- The key to having a good time is to always keep dry and warm
- Think "lightweight" & keep it simple

Food: (Here are some suggestions for you to choose from)**Breakfast:**

Hot chocolate
Tea
Tang (orange drink)
Instant Oatmeal (variety)
Instant Cream of Wheat
Granola
Nature Valley Granola bars (variety)
Dried fruit (apples, raisins)

Lunch:

Gorp or trail mix (nuts, seeds, dried fruit, m&ms)
Bagels
String Cheese
Hard Cheese (lasts longer)
Lunchables
Jerky or salami
Cookies
Crackers
Sandwich (made at home)
Cup O' Noodles or Ramen Noodles (just add boiling water)

Dinner :

Instant soup (Lipton's Chicken Noodle & Cream of Chicken)
Freeze-dried dinners (preparable in their own foil container)
--Mountain House: Lasagna, Spaghetti, Pasta Primavera, Chili Mac
--Mountain House (All Natural): Noodles & Chicken, Chicken Polynesian, Beef Stroganoff
Meals Ready To Eat (MREs) - *US Govt surplus*
Freeze-dried desserts (Fruit Crisps--peaches, strawberries)

Other Non-Cook Nourishment -- good for snacks

PowerBars
Chewing Gum
Gatorade
Bagels, English muffins
String cheese (individually wrapped)
Chocolate & candy
Dried fruit (raisins, apples, pears, peaches, bananas)
Dried meat and fish
Giant pretzels
Raw fruit / vegetables
Nuts
Pop Tarts
Fig/Peach/Apple Newtons
Crackers