

2008 Troop Backpacking Troop 499

This handout is intended to help the Scouts, Scouters, and families get prepared for a most incredible trek experience. Please use this information as a guide.

What to Bring:

Do not bring radios, CD or tape players, or other electronic equipment!

Maximum pack weight without food, water, tent, and crew equipment should be no more than 20 - 30 pounds (depending on your body weight). Shared gear will add about 20-25 pounds. If you bring more, it will end up being left on the trail! Total pack weight should be 30% or less of your body weight. The pack you leave home with should feel light!

REMEMBER -- an ounce in the morning is a pound at night!

Items to take on the trail:

Items marked "Optional" are not really needed. They should only be taken if you have a strong personal need or medical/physical condition. PUT CLOTHING IN ZIPLOC BAGS AND COMPRESS OUT THE AIR! (or put in a compression stuff sack)

- athletes foot or talcum powder (optional)
- backpacks & covers (compartmentalize all gear in ziploc bags)
- bandannas (1)
- bowl (deep one for eating - forget the mess kit!)
- compression straps
- camp shoes (lightweight) (water socks & sandals are okay)
- cards, playing (optional)
- chapstick
- watch with alarm
- coffee cup (large plastic)
- compass (learn to use a compass!)
- dental floss (this is a great emergency repair item!)
- ditty bags for personal stuff (small) (helps compartmentalize gear)
- earplugs (optional)
- Personal first aid kit
- flashlights / headlamps (2 small ones with new batteries)
- gaitors
- glasses (if you wear them) glasses strap holders (optional)
- gloves (1 pr. Lightweight)
- groundcloth (heavy duty, fitted to tent size)
- hand lotion (at altitude your skin will become uncomfortably dry)
- hat (wide brim for sun and rain)
- hiking boots (not new ones!)(use Kiwi Camp Dry Hvy Duty Water Repellant Spray or Tectron Boot/Shoe Protector)
- jacket or sweater (fleece, wool or Polartec is best)
- knives (small pocketknife that locks) (sharpen before leaving) (no sheath knives)
- lighter (Bic) (optional)
- long johns (polypropylene)
- medication required on a daily basis plus Tylenol, Advil or aspirin (all dates on medicine must be current!)
- money for the trail (\$25 - \$35 should be plenty)
- parachute chord (6-10')
- personal hygiene items (toothbrush, small tube of toothpaste, etc.)
- rainsuit (jacket with hood and zipper legs) (leave your poncho at home)
- shorts with zip on/off legs or other long pants (not jeans)
- Scout t-shirts (2 crew shirts -- plus another to stay in the sleeping bag at all times!)
- shorts for sleeping (stays in sleeping bag at all times!)
- sleeping bag rated to at least 25° (20-35° is best)
- sleeping pad (foam or small thermarest)
- soap (biodegradable) (Camp Suds)
- socks (2 pr) (heavyweight synthetic/wool) (SmartWool is best)

- stuff sack (at night food, toiletries and other smellables go in here and in the bear bag)
- sunglasses(optional)
- sunscreen (at least 15 SPF nonscented)
- tape (just a small amount of duct & electrical) (wrap around a drinking bottle)
- towel (old & lightweight or super absorbent synthetic)
- underpants (2 pair, CoolMaxor other non-cotton is better)
- utensils (Lexan is best -- no plastic) (1 spoon - no forks or knives)
- wash cloth (optional) (use one of your bandannas instead)
- water bottles, bladder bag or folding water bag (be able to carry 6 qts. of water and drink 4 qts./day-8lbs. or 8 qts/day-16 lbs. in hot weather) (dry camps will require each person to carry at least 6 qts. of water)
- whistle on lanyard
- ziploc bags

CREW ITEMS -- these items need to be distributed among all crew members:

- dining fly tent stakes (10) (needle-type -- ground can be hard as a rock)
- maps (put in ziploc bag) (1 large overall and 1 for South and Central areas) (purchase at Philmont)
- shovel (small, cheap, metal trowel for moving hot ashes from fire ring)
- stoves (2) (white gas/dual fuel –
- tools (multitool or needle nose pliers & screwdriver (reversible))
- cooking pots (weight 3-4 lbs.) (this is all you will need -- leave the rest behind in your locker):
 - 1 - pot with lid (6 or 8 qt.) (use 8 qt. for 12 person crews) (when cooking dinner everything goes in one pot!) (we also cook dessert in this pot)
- Campsuds
- food
- scouring pads
- toilet paper
- yum-yum bag (for food scraps)

Approximate weight of all shared crew equipment (not including food, water, and tents) is 40 pounds or 3-4 lbs. per crew member. When fully loaded with food, water, tent, and crew gear, each individual can expect to have about 20-25 extra pounds. NOTE: Food adds about 2 lbs. per person per day (if stripped of packaging - otherwise add another half pound per day). A stripped 4 day food pickup will add 8 lbs. to an individual's load. A 6 pound tent split two ways adds three pounds per person. A dry camp may require each individual to carry about 128-144 ozs. of water (8-9 lbs). All good reasons for packing light.