

Gathering Your Equipment

Backpacking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After several overnight camps you should be able to conduct your own shakedown to eliminate items that you don't need. Remember, the key to successful backpacking is to go lightly.

Clothing

- 1x Rain pants
- 3x underwear
- 2x hiking shorts (I recommend at least one bathing suit as they are already the material that will dry quickly and are already designed to get wet from rain or sweat)
- 1x synthetic or wool pullover sweatshirt (it can get cold on the trail depending on where we're camping and the conditions outside)
- 1x Rain Jacket
- 2x Short sleeve synthetic shirt (moisture wicking is preferred, cotton is STRONGLY discouraged)
- 1x Baseball cap or wide brim hat (to protect you from the sun, there will be points where we are on top of mountain ridges for an hour or more, chances are you will get some sun)

Packs

- 1x Backpack (internal frame should be 75L, external frame should be 65L. If you are unsure of your pack due to age or size please feel free to send me pictures or bring it up to camp and I will inspect it)
- 1x pack cover (a waterproof pack cover that can cover your entire pack and anything on the outside of it, we will be hiking even if it rains)
- 6x gallon ziploc bags (these are an excellent extra layer of protection for your clothes or other items you may wish to keep dry)

Sleeping Gear

- 1x Sleeping bag (preferably rated to 30 degrees and less than 5lbs. Please put in a compression or stuff sack that is waterproof or lined with garbage bag to keep it dry. Nothing is worse than going to bed in a wet sleeping bag)
- 1x Sleeping Pad (required, not recommended)
- 1x Sleeping Clothes (whatever that means for you, keep in mind you will be sharing a tent with buddy)

Footwear

- 1x Pair of hiking boots (do not buy a brand new pair and wear them for the first time on the trail, they need to be broken in before you use them consistently. Please ensure they will provide proper ankle support)
- 3x pairs of socks (synthetic or wool, they can be washed with clean water and hung off your pack to dry while we hike)

Miscellaneous

- 1x Mess Kit (consist of one cup, one bowl, and a spoon or spork)
- 4+x quart sized water bottles (you MUST be able to carry a gallon of water on your pack, whatever brand of water bottle you prefer, you need reusable water bottles that total a gallon)
- 1x pocket knife (all knives must meet camp standards i.e. no sheath knives, nothing larger than your palm, etc)
- 1x lighter or matches (for lighting a camp stove or fire depending on conditions and camp site)
- 1x Flashlight/headlamp (check the batteries, then pack an extra pair)
- 1x compass (we will practice orienteering with and without a map)
- 1x Toiletries kit (soap, lip balm, toothpaste, toothbrush, anything else you may need)
- 1 Camp Towel (small and quick drying, NOT a full size beach or bathing towel)

Suggested equipment

- 2+x lashing straps (used to secure items to the outside of your backpack)
- 1x pair of lightweight camp shoes (anything close toed. Crocs, tevas, lightweight sneakers are all acceptable. After hiking in boots all days your feet and friends will thank you for airing them out for a bit while we are in camp)
- 1x Trekking poles (reduces impact 25% and improves balance)
- 1x Bandana or other similar headgear (keeps sweat out of eyes)
- 1x Sunglasses
- 1x Watch
- 1x Whistle
- 1x Camera
- 1x Sunscreen
- 1x Two person lightweight backpacking tent (You will share your tent with a buddy and divide the materials between you. It is advised that anyone with access to a backpacking tent bring it to camp. We can decide which tents we will use after inspection before we leave for the trail)

Prohibited items (on trail, but allowed in camp)

- Deodorant (causes more troubles with bears than it's worth, you can use soap if you are so inclined. I encourage you to bring it to camp for when we return)
- Radios or other electronic devices (if you do decide to bring a phone and use that as your camera, be advised that neither Edmund D. Strang Scout reservation or the Trek staff are responsible for any lost or damaged personal equipment)

