



Backpacker's Reminder List

For the newer Scout preparing for his first overnight backpack or the veteran as a reminder, here are the basics...

10 Essentials...

1. Map of the area
2. Compass
3. Flashlight, extra batteries, bulb
4. Extra Clothing (especially socks)
5. Extra Food (trail food) and Water
6. Sun Block- spf 40, sun glasses, lip balm
7. Waterproof matches/fire starter
8. Pocket Knife
9. First Aid Kit
10. Rain Gear with head cover ing

Include in your First Aid Kit...

- Large & small band-aids
- Tweezers
- Alcohol/betadine wipes
- 2" x 2"; 4" x 4" gauze pads
- 2 4" x 3" non-adhering dressing pads
- "Tegaderm" (3M) sterile dressings
- "Coban" elastic bandage; (an easier Ace bandage)
- Rubber gloves
- small scissors
- 1 1/2" adhesive tape
- "2ND Skin" pads; used like moleskin
- Sugar packets
- "Tylenol" analgesic
- "Benadryl" (allergy relief)
- "Neosporin" ointment
- "Technu" poison oak cleanser
- Your Special Medications
- Consider...
 - Pocket resuscitation mask
 - Dental Floss
 - Safety pins, needle, thread
 - Steri-strips

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Gear... (shared?)

- Pack frame, adjusted to fit
- Sleeping bag- water-proof compressor bag
- Tent, Tent 1/2, or shelter; rain fly
- Tent Stakes
- 50' of nylon rope/cord, 1/8-3/16"
- Ground tarp
- Mattress pad, closed cell foam
- Cooking Kit... Scouring pad/sponge
- Eating Kit (cup, bowl, fork & spoon)
- Camp stove & fuel
- 2 large garbage bags; freezer Ziplocks
- Food & trail snacks
- 1-2 quart (~900 cc) Water bottle(s)
- Whistle/hand mirror
- Hat/cap/stocking cap
- Appropriate Clothing
 - Long pants/short pants
 - Good hiking boots
 - Light polypro inner socks
 - Heavy wool/poly outer socks
 - Changes of underwear & T-shirts
 - Shirts: long/short sleeves (wool?)
 - Warm Coat and/or sweater (wool?)
 - Neckerchief/bandana (many uses: warm or wet-cool your neck, towel, hot pad, triangular bandage, head band...)
- Toilet paper
- Potty Trowel
- Personal Ditty Bag
 - Towel (bandana)
 - Tooth brush & paste
 - Bug repellent
 - (sun block-lip balm)
 - soap
- Water Purification
- Good Attitude

NOTES:

1. **First Aid:** Do not expect someone else to carry First Aid supplies for "your" use.
2. **Rain Gear:** try to have a parka that is multiple use: warm, water-proof, and hooded. Consider rain pants. Ponchos have left me soaked & cold.
3. **Cold Weather:** Wool is warm: shirt and/or sweater, pants. Poly-pro long-johns really are warmer than cotton. Gloves.
4. **Keep your feet dry while hiking, including from sweat; consider enough socks to change them at mid-day (very refreshing!).**
5. **Sleeping in a stocking cap is very warming on cold nights.**
6. **Extra-long boot laces make handy emergency cord.**
7. **The difference in price between a regular and a great quality piece of hiking gear is less than one Nintendo game.**