



BOY SCOUTS OF AMERICA
TROOP 3
Ambler, Pennsylvania
www.troop3ambler.com
Meeting continuously since May 17, 1915



Backpacking Equipment List
Lightweight and multiuse items are preferred

Outdoor Essentials (for any outing)

Small Pocketknife or multi-tool
First aid kit (consult BSA Handbook)
Extra clothing (see 'Clothing' and 'Outerwear' sections)
Large heavy-duty trash bag (qnty. 2)
Water bottles (2- 1 Liter plastic soda bottles)
Small flashlight w/ new alkaline batteries (headlamp preferred)
Trail food (high energy snacks)
Matches and fire starters
Sunscreen (SPF 15 or higher)
Map(s) and compass

Sleeping

Sleep clothes—worn only in sleeping bag (T-shirt & gym shorts)
Closed-cell foam, $\frac{3}{4}$ length pad or inflatable pad
Sleeping bag (3-season, down or lightweight synthetic preferred)
Wool or fleece Winter hat
Tent or nylon or polyethylene tarp w/ ropes & metal stakes
Groundsheet only needed if sleeping under a tarp (4 mil plastic, approx. 4 ft. x 8 ft.)

Clothing (*for travel in vehicles to and from camp)

*Scout shirt
*Scout pants
*Scout belt
Nylon running suit pants
Hiking shorts or nylon shorts (2 pair)
Short sleeve shirt (2) [polypro preferred]
T-shirts (2) [polypro preferred]
Mid weight hiking socks (3 pair) [wool blend preferred]
Sock Liners (polypro)
Underwear (polypro or performance style)

Food Ideas: - Personal (when hiking as a Troop some meals may be provide pack accordingly)

Breakfast: cereal w/ powdered milk; Granola/Breakfast bars; instant oatmeal; Cream of Wheat; Instant pancake mix; poptarts; powered eggs; peanut butter sandwich

Lunch: Cheese (block style) w/ crackers or bagel; pepperoni, summer sausage, canned meat or tuna with crackers; peanut butter & crackers; Tuna salad (made with single serve mayo & relish); Peanut butter & Jelly sandwich

Dinner: pasta-based meal - mac & cheese, beef stroganoff, pasta side dish packets, linguini & clam sauce, powdered spaghetti sauce etc; Instant rice; instant stuffing; Instant potatoes; Asian style dehydrated meals; Coucous; Tuna Helper;

Repackage foods so you only bring what you need (you don't need the whole peanut butter jar!)

Outerwear

Nylon lightweight shell jacket with hood
1 polyester fleece or wool jacket
Sneakers or lightweight boots (**well broken-in !**)
Pair of flip-flops or lightweight sandals or Crocs

Miscellaneous

Spare alkaline batteries
Several paper towels in a zip loc bag
Camera
Watch
Note pad and pencil
50 ft. $\frac{3}{16}$ in. nylon rope
Bandana
Gold Bond powder (travel size)
Insect Repellant (non aerosol)

Eating

Large spoon
1 Cup-sized cup (Sierra Cup preferred)
Food for meals (see ideas at bottom of page)
Backpacking Stove
2 Qt. lightweight pot with lid

Cleanup (in a gallon zip-loc bag)

Biodegradable soap (camp suds)
Bandana (also is a pot holder or a hat)
Hand towel
Toothbrush, toothpaste (travel size), and floss
Contact lens solution and storage (if applies)
Comb
Hand sanitizer
Toilet Paper (partial roll)

Items NOT to bring

Electronic music or game device
Sheath knives
Cell Phones