

Troop 7 Suggested Backpacking Supply List

Note: For backpacking, careful consideration is critical. Decisions about what to bring can make the difference between fun adventure and misery. You will be miles of rough terrain from a road and not able to correct packing mistakes. Not bringing what you need can lead to being uncomfortably or dangerously cold and wet, hungry, and in pain. If you bring too much, the extra weight on your back can make you suffer. So start planning early and carefully.

For trips in the White Mountains, even summer temperatures may drop into the 30's at night, and it might rain.

Backpack: Comfortable & large enough to bring everything you need for several days; Can rent at Natick Outdoor Store.

Boots: Comfortable, durable, water resistant

Tent, lightweight, with fly and light ground tarp (or make paln to share with other).

Sleeping bag

Sleeping pad

Trail map, detailed with contour lines

Water bottle, two 1L bottles, filled with water; water filter will be provided by leaders

Clothes; lightweight wool & synthetics are better than cotton; pack clothes in ziplock bags; this list includes what you are wearing when you start:

Socks (~1 pair/day)

Underwear (~1 pair/day)

Pajamas/thermals, lightweight, warm

Short pants (1)

Long pants (1)

Light shirt (1)

Warm shirt (1)

Wool sweater or Fleece (1)

Windbreaker/light jacket (1)

Rain coat with hood

Rain pants

Hat

Food: adequate supply for hiking and cold weather; primarily dry food which can be prepared by just adding water:

Breakfast: freeze dried or nutrition bars

Lunch: no cooking

Dinner: freeze dried

Trail snacks: 4 days

Mess kit: include a small pot for boiling water, small plate/cup, & utensils

Stove & fuel (lightweight, small), or make plan to share with other.

One gallon ziplock bag for trash

Flashlight &/or headlamp

Compass

Whistle

First aid kit

Shovel ; small, e.g. garden trowel; or plan to share with other

Toilet paper; no more than needed

Lighter or matches

Camp Suds (small container)

Mosquito repellent (small 100% deet)

Prescription meds

Sunscreen (small container)

Toothbrush & paste (small container)

Large plastic trashbags: 1-2 to cover backpack at night and keep items dry

Money for meals on drive

You may also want to bring (but minimize):

Camp saw (will be provided)

Eyeglasses

Fire starter/dry paper (will be provided)

Duct tape (will be provided)

Rope (will be provided)

Pocket knife

Pen or pencil

Day pack (for day 3)

Camera

Reading material (minimize)

Sunglasses

Paper towels (minimize)

Coffee