

## What to Pack for a Fall Overnight Backpacking Trip

Remember: You are going to be carrying this so less may be more -

Pack what you must have to stay warm, dry and nourished –keep it light - think twice about extras.

Weight of pack should not exceed 25% of scouts body weight -Remember when you are gathering your personal gear you will need to add water food and ½ a tent if using the troops. See suggested list below:

### Base layer:

- ❖ Mid weight long john top
- ❖ Mid weight long john bottoms
- ❖ long sleeve T-shirt
- ❖ synthetic T-shirt
- ❖ synthetic briefs

### Middle layers:

- ❖ fleece or wool sweater
- ❖ synthetic soft shell jacket or vest- down or other
- ❖ synthetic hiking pants

### Outerwear:

- ❖ waterproof/breathable jacket- or Poncho
- ❖ waterproof/breathable pants (optional)
- ❖ waterproof gaiters (optional)
- ❖ wool or fleece hat
- ❖ mid weight wool or fleece gloves

### Foot Wear:

- ❖ hiking boots/ or shoes (waterproof is better )
- ❖ camp footwear – very light sandal, sneaker, crocs or similar (optional)
- ❖ wool or synthetic socks (3)

### Accessories:

- ❖ bandanna (2)
- ❖ Watch
- ❖ Toilet articles – minimum
- ❖ sunglasses
- ❖ stuff sacks -assorted zip lock bags- to organize - extra for trash
- ❖ toilet paper
- ❖ sunscreen
- ❖ Camera

### Gear:

- ❖ backpack -internal or external frame –(pack cover optional-or garbage bag liner)
- ❖ three-season down or synthetic sleeping bag
- ❖ sleeping pad – inflatable or foam pad- needed for insulation from ground
- ❖ Tent - or your half of if troops -
- ❖ trekking poles (optional)
- ❖ canister stove and fuel canisters (optional-can share)
- ❖ lighter and waterproof matches
- ❖ cook set - carry minimum - one small pot only – bowl - and insulated mug - spork
- ❖ headlamp w/extra batteries or small light flashlight
- ❖ 32 oz. water bottles (2) and/or hydration sleeve
- ❖ pocket knife or multitool
- ❖ compass (and map)
- ❖ first-aid kit with personal medications

### Food:

- ❖ Breakfast at home or bring for in the car to destination
- ❖ Saturday Lunch Trail Food- light weight - no prep–easy calories - pack where accessible-
- ❖ Saturday Dinner- boiling water only- dehydrated-or bagged at home to reheat -hearty
- ❖ Sunday Breakfast - boiling water only- oatmeal - hot cocoa- breakfast bars - etc.
- ❖ Snack –for Trail and Camp- Gorp –Energy bars- etc.

## More info on clothing selection for backpacking

Clothing General: Avoid Cotton because “Cotton Kills” it wets easily and dries slowly. Ask any backcountry rescue or experienced outdoorsman or check it out on line, you will find that wet cotton clothing is a very common first step on the way to hypothermia. I suggest we leave the Class B cotton tees at home (Will work on that for next generation of Troop 39 tees). The right stuff includes wool, modern synthetics (wicking tech wear), fleece and down. The key to staying warm is dressing in **layers** this way you can easily adjust. Shed layers when you get warm or start to sweat. Put them back on when you stop for a rest break or begin to get cold. Avoid the one heavy jacket approach

For upper body: Suggest you try this **layering** system. Closest to your skin should be a long-sleeve synthetic top (polyester long underwear is ideal), followed by an insulating fleece pullover, and topped by a soft shell, light down jacket or vest. If the weather is rainy or damp replace the top layer with a rain shell, or layer a shell over top. Because you might change in and out of your top layer and rain shell, keep them accessible on the outside of your pack. You can add or subtract a hat and gloves without removing your backpack. Put on thick wool socks when hiking in cooler temps, and pack an extra pair in case socks get wet.

On your lower body: Synthetic hiking pants- Synthetic sweat pants (no jeans -they are cotton). Check the forecast and decide on your under **layer** for first day out - either long john bottoms or synthetic briefs. An outer layer of breathable waterproof pants is optional on a short weekend trip - might be forecast dependant. Waterproof Gaiters can be a valuable addition in many conditions -Wet Grass is common and they are great barrier against this– they also help to keep stones, sticks and such out of your shoes.

Feet: Wear your favorite hiking boots or walking shoes- Waterproof is better- a good pair of wool or synthetic hiking socks. Have an extra pair of socks in you pack in case your feet get wet. Might want to bring a light pair of “Camp Shoes” for around camp after hiking, or if boots get wet

For Sleeping: Always change into dry clothing before going to bed this is the most important step for staying warm in your bag. Bring a 3<sup>rd</sup> pair of warm socks to wear in your sleeping bag at night, along with long-underwear tops and bottoms (or fleece for extra warmth) and a wool or synthetic hat.