

Backpacking Notes

Recommended Reading:

1. Boy Scout Handbook: chapters 8 and 9
2. Boy Scout Fieldbook: chapter 16
3. “Backpacking One Step at a Time”, Harvey Manning

Footwear:

- ❖ Sturdy boots, ankle height recommended. Sneakers are NOT acceptable. Heavy wool outer sock with light silk inner sock works well in preventing blisters.

Checklist (from Field Guide):

UPPER LEFT POCKET

- Water bottle or canteen
- Rain gear

LOWER LEFT POCKET

- Sunscreen
- Insect repellent
- Flashlight and spare batteries

UPPER MAIN COMPARTMENT

- Stove kit and utensils (*)
- Stove (*)
- Water Bag (*)
- Tent and stakes (*)
- Ground cloth (*)
- Food and condiments (*)

LOWER MAIN COMPARTMENT

- Hat
- Socks
- Shirt, pants, underwear
- Jacket
- Moccasins or camp shoes
- Bandana

STUFF BAG

- Sleeping bag
- Foam pad

FLAP POCKET

- Maps
- Pencil & paper
- Compass

BACK POCKET

- Cup
- Bowl & Utensils
- Matches
- Whistle
- Cord
- Soap
- Toilet paper
- Metal mirror
- Comb
- Toothbrush
- Toothpaste
- Small towel

UPPER RIGHT POCKET

- Stove Fuel (*)
- Water pump/filter (*)

LOWER RIGHT POCKET

- First aid kit & moleskin

PANTS POCKET

- Pocket knife

(*) indicates equipment that is shared between scouts

Notes on Food:

- ❖ Most common mistake is to take too much.
- ❖ Calories are more important than vitamins, protein, etc.
- ❖ Repackage into zip-loc bags where possible, eliminate cardboard, plastic, & metal.
- ❖ Powdered drink mix, dried fruit, oatmeal mix, granola, crackers, Ramen noodles, minute rice, and Knorr soups cost much less than freeze-dried specialty foods.
- ❖ Don't forget trail food: GORP, chocolate, nuts, etc.