



TROOP 58

New Scout Tip: What & How to Pack for Backpacking

First off, a quick review of the Scout Motto: Be Prepared. It means just that. It does not mean bring everything you can think of and it does not mean hope your buddy is prepared. There are many packing lists out there to consult, but below is a **basic** place to start.

Pack weight and fit are the key facets when it comes to backpacking. Youth typically grow rapidly during their years in scouting, so getting a pack that has room for vertical growth is important. While internal frame packs are more prevalent now, external frame packs are a valid choice and may offer a better fit. REI is a great resource, and they rent packs (and other gear) which may be a great option when getting started.

Try not to overpack, as that just adds unnecessary weight. Light/ultralight weight tents are expensive, but there are really good options in the 3–4 pound range. Do not pack the standard car camping 4 person tent...they are way too heavy to carry. Regarding clothing, you may have heard the phrase “**cotton kills**”. When cotton gets wet (from rain or perspiration) it holds moisture, conducts heat away from the body, and can cause chaffing. Stick to naturally wicking materials (e.g. merino wool) or synthetics (e.g. polyester) and do not over pack. An extra pair of socks should be the only “extra”.

Do not feel like you need to go out and spend \$2,000+ to get the ‘best’ and lightest backpacking gear. Less expensive gear works just as well and packing the right gear vs. too much gear will solve many pack weight issues. Finally, **ASK ANY QUESTIONS** of others as backpacking can seem overwhelming but it is a really fun and unique way to experience nature.

Clothing	<60° Temp Clothing	Other Gear
<input type="checkbox"/> Hiking Boots (Water Proof)	<input type="checkbox"/> Long Underwear Set	<input type="checkbox"/> Pack
<input type="checkbox"/> 2 Pairs of Wool Socks	<input type="checkbox"/> Lightweight Fleece Jacket	<input type="checkbox"/> Nalgene Water Bottle
<input type="checkbox"/> 1or 2 Pair Sock Liners	<input type="checkbox"/> Heavy Fleece or Down Jacket	<input type="checkbox"/> Mess Kit (Including Utensils)
<input type="checkbox"/> 1 Pair Hiking Shorts/Pants	<input type="checkbox"/> Fleece Pants	<input type="checkbox"/> Headlamp & Flashlight
<input type="checkbox"/> 2 Pair Synthetic Underwear	<input type="checkbox"/> Wool or Fleece Cap	<input type="checkbox"/> Pocket Knife (w/ Totin' Chip)
<input type="checkbox"/> Class B Shirt	<input type="checkbox"/> Wool or Synthetic Gloves	<input type="checkbox"/> Handbook (in Ziploc/Case)
<input type="checkbox"/> 1 Wicking T-Shirts		<input type="checkbox"/> Camp Chair/Sitting Pad
<input type="checkbox"/> Rain Jacket w/Hood		<input type="checkbox"/> Camp Shoes
<input type="checkbox"/> Scout Uniform Cap		<input type="checkbox"/> Toothbrush & Toothpaste
	Sleeping Gear	<input type="checkbox"/> Other Toiletries
	<input type="checkbox"/> Sleeping Bag (+20°)	<input type="checkbox"/> Medicine & Instructions
	<input type="checkbox"/> Waterproof Stuff Bag	<input type="checkbox"/> Poop Kit (trowel, TP, hand sanitizer)
	<input type="checkbox"/> Sleeping Pad	
	<input type="checkbox"/> Tent (w/ Footprint/Ground Cloth)	



April 2021