



Scout Weekend Backpacking Pack List

Personal Gear (should weigh less than 15 pounds):

- Backpack and rain cover

There are two main types of backpacks: the external frame and the internal frame. The conventional wisdom used to be that external frames are for trail hiking and internal frames are for off trail hiking. Most of our hiking is on trails, but the majority of Scouts and adult leaders prefer the internal frame and these have become the most commonly available packs. For extended treks the internal frame pack should have a volume over 3,000 cubic inches (50 liters), but less than 4,200 cubic inches (70 liters). The larger the pack, the greater the tendency to fill it with non-essentials.

Waterproof Pack Cover needs to be large enough to protect items strapped to the exterior of the pack. A couple of large garbage bags may be suitable for summer hiking, but if multiple rainy days are anticipated a dedicated pack cover is better.

- Sleeping bag in a waterproof stuff sack

Sleeping Bags are available in many sizes, fabric, fill, color, and price. A bag in the low-middle price range filled with synthetic material is recommended. Down bags aren't good because they're ineffective when wet. Sleeping bag should have a comfort rating from 20° to 30° and should weigh no more than 3.5 pounds, preferably less. They shouldn't be stored in the stuff-sack at home, as this will mat the filling, causing a reduction in loft, and thus warmth. Bags are best stored in cloth storage bags or left laying as loose as possible.

- Sleeping pad (pillow optional)

A closed-cell type foam pad (e.g., insolite or the accordion style work well) is good to keep out the cold and to preserve the sleeping bag. Self-inflating pads are not good for Scouts because they can be punctured. A "backpacker's pillow" is an optional added piece of comfort, or you can use your sleeping bag's stuff sack filled with your fleece jacket and a tee shirt as a pillow case.

- Personal first aid kit
- Two water bottles – minimum 2 liters total, wide-mouth Nalgene style preferred
- Small flashlight (check the batteries)
- Toilet paper (partial role)
- Mess Kit (bowl, cup, utensils)
- Light towel and/or bandanna
- Sunglasses if desired
- Carabiner
- Personal trail/snack food (no peanut products)
- Personal Items (Toothbrush, soap, glasses, contact solution, medicines)

Clothing – including what you wear (Should weigh less than eight pounds):

Many new backpackers bring too many clothes. The basic rule is wear one set of clothes and pack one change of clothes unless weather is a major consideration.

- Sturdy hiking boots (broken in)
- Water shoes/camp shoes
- 1-2 pair non-cotton socks & liners (optional)

- 1 Hiking shorts & 1 long pants (non-cotton)
- 1-2 pair underwear (non-cotton)
- 2 T-shirts and one long sleeve shirt
- Rain gear or poncho; Frogg Toggs work well
- Hat or Cap (Wide Brim)
- Warm heavy shirt, sweater, sweatshirt or jacket (non-cotton)
- Fleece pants or long underwear bottoms
- Gloves or glove liners and warm hat
- Nice to Have/Optional: Hiking Poles, Stool or Chair, Mosquito Hat, Spices for food, other?

Each Buddy Team:

- Two-man tent (count the stakes) and ground cloth
- Four bags of trail food (2 each)

Group Equipment – Distributed among hikers:

- Water filters – Water jugs/bottles/bags
- Stoves and fuel bottles
- Large and/or medium cooking pots with lids, serving spoon
- Camp suds and sponge, bleach, scrubber, Purell
- Camp shovel
- Bear bags, rope (50 ft ¼” braided nylon rope), heavy duty carabiner
- Troop First Aid Kit (check it every hike)
- Permits, Maps, Permission Slips

Pack List Weights in pounds:

No one should be carrying the “High Weight”. It is listed so you can see how much you can save if you are careful. It is even possible to be less than the “Low End Weight”, which is what you should be striving to make.

Clothing	low-6.5 / high-9.5
Personal Gear	low-9.9 / high-17.5
Tent Mate Gear	low-3.1 / high-4.1
Troop Gear (12 hikers)	low-3.1 / high-3.1
Optional Items	low-0 / high-6.0
Total Pack Weight	
before food and water	low-22.6 / high-40.2 pounds (this is crazy high!)

Items you wear are not included in the above totals, nor is food weight (estimated at 1.5 to 2.0 pounds per day, per hiker) or water (which adds 3-7 pounds per hiker). the three heaviest things are your backpack, tent, and sleeping bag, so if you want to save a lot of weight invest in these items.

There is lots of discussion about the proper amount of weight that a boy can carry safely. It varies wildly, depending on the attitude and strength of the boy. Arbitrary numbers (like 30% of his body weight) are interesting starting points for discussion, but the real determination is how much he can carry.