BACKPACKING – SPRING OR FALL

(cool/cold weather)

CLOTHING

- ☐ Hiking boots
- ☐ Extra sneakers or shoes
- ☐ Sweatshirt
- ☐ Short-sleeved shirt or T-shirt
- ☐ Shorts
- ☐ Sweat suit for sleeping
- ☐ Long thermal underwear (shirt and pants)
  (2 pair for cold weather – 1 for day, 1 for night)

1 change of clothes:

- ☐ Long-sleeved shirt
- ☐ Blue jeans or other long pants
- ☐ Thick outer socks (wool or synthetic) for hiking
- ☐ Thin liner socks (silk or synthetic) for hiking
- ☐ Regular socks for in-camp
- ☐ Underwear

OUTERWEAR

- ☐ Cloth stocking cap
- ☐ Gloves or mittens
- ☐ Jacket, sweater, or hooded sweatshirt
- ☐ Poncho or raincoat and rainhat

PERSONAL ITEMS

- ☐ Pocket knife – ***NO sheath knives***
- ☐ Totin' Chip card
- ☐ Hand soap in container
- ☐ Washcloth
- ☐ Towel
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant *(NON-AEROSOL)*
- ☐ Comb and/or brush

BEDDING

- ☐ Tent – 1 per 2 Scouts
- ☐ Plastic ground cloth for under tent
- ☐ Winter weight sleeping bag
- ☐ Foam sleeping pad or air mattress
  (air mattress NOT recommended for cold weather)

CAMPING GEAR

- ☐ Flashlight with extra batteries and extra bulb
- ☐ Mess kit (plate, bowl, and cup)
- ☐ Utensil kit (knife, fork, and spoon)
- ☐ Canteen or water bottle (with water)
- ☐ Sunscreen and/or suntan lotion
- ☐ Lip balm
- ☐ Insect repellent *(NON-AEROSOL)*
- ☐ Laundry bag
- ☐ 2 garbage bags (for storage, carrying items, etc.)
- ☐ *Boy Scout Handbook*
- ☐ Notebook and pencils or pens
- ☐ Backpack to carry everything in

OPTIONAL ITEMS you may be glad you brought

- ☐ Camp pillow or air pillow
- ☐ Sleeping bag liner, blanket(s), and/or space blanket
- ☐ Hand Warmer packets
- ☐ Personal First Aid Kit
- ☐ Moleskin
- ☐ Metal or plastic mirror
- ☐ Emergency signal whistle
- ☐ Map of the area
- ☐ Compass
- ☐ Wooden matches in waterproof container
- ☐ Fire starters
- ☐ Nylon cord
- ☐ Toilet paper
- ☐ Camera, film, and extra batteries
- ☐ Hat, cap, or bandanna
- ☐ Sunglasses
- ☐ Watch
- ☐ Spending money

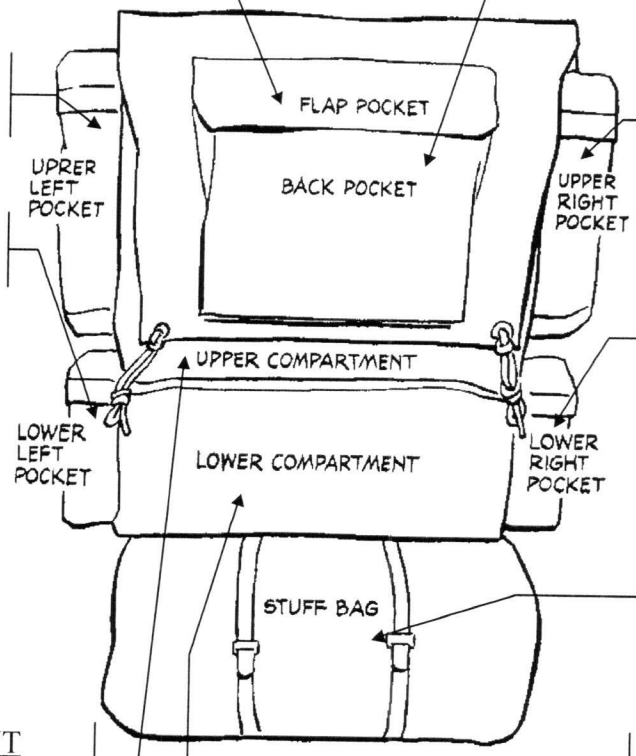
Size and weight are important things to consider when packing for a backpacking trip. You don't want to carry big, bulky items or any unnecessary, additional weight – but you also want to make sure you have everything you'll need. Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants and thin liner socks are especially important items to consider made from these fabrics. In addition to the above items, you'll have to carry your share of food and patrol/troop equipment, too. When you leave your house, there should be some extra space in your backpack to add these items which will be distributed at the departure place. Your full backpack should weigh no more than 20% (1/5) of your body weight. And remember – you bring it, you carry it!

LOADING A BACKPACK

Once you've determined what to carry, the next step is to pack it for the trail. Small, frequently used items go in your pockets – your pocket knife, whistle, matches, a few adhesive bandages, etc.

Equipment you won't need until you make camp can go deep in the pack, but a sweatshirt, clean socks, and your lunch should ride just under the main flap. Carry your map and compass, paper and pencil, canteen, rain gear, flashlight, personal first aid kit, sun and insect protection, and trail snacks in the pack's outside pockets. Always return each small item to a specific pocket of your pack so you can locate it quickly.

Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back. Place heavy gear at the top of your pack so that its center of gravity is high and close to your shoulders. Your pack should also be balanced from side-to-side.



FLAP POCKET

Map and compass
Paper and pencil
Boy Scout Handbook

BACK POCKET

Mess kit (plate, bow, and cup)
Utensil kit (knife, fork, and spoon)
Matches and fire starters
Nylon cord
Emergency coins
Hand soap in container
Washcloth and towel
Toothbrush and toothpaste
Toilet paper
Metal or plastic mirror
Comb and/or brush

UPPER LEFT POCKET

Canteen or water bottle

UPPER RIGHT POCKET

Flashlight with extra batteries and extra bulb

LOWER LEFT POCKET

Poncho or raincoat and rainhat

LOWER RIGHT POCKET

Hand Warmer packets
Personal First Aid Kit
Moleskin
Sunscreen and/or suntan lotion
Lip balm
Insect repellent

STUFF BAG

Winter weight sleeping bag
Foam sleeping pad or air mattress
Sleeping bag liner, blanket(s), and/or space blanket
Camp pillow or air pillow

UPPER COMPARTMENT

Clothing appropriate for the weather
Tent
Plastic ground cloth for under tent
Your share of patrol/troop equipment, such as:
- Food and condiments in bags
- Cook Kit
- Chef's Utensil Kit
- Wash basin
- Dish towels, dish soap, and scouring pads
- Water jug
- Pack ax, bow saw, and camp shovel

LOWER COMPARTMENT

Hat, cap, or bandanna
Cloth stocking cap
Gloves or mittens
Jacket, sweater, or hooded sweatshirt
Extra sneakers or shoes
Sweat suit for sleeping
Camera, film, and extra batteries

BACKPACKING COMFORT TIPS

YOUR BACKPACK:

- Backpacks come in different styles and sizes – an external frame pack with outside pockets, padded shoulder straps, and a padded hip belt is recommended and make sure it fits you properly and comfortably
- Don't borrow a backpack from an adult or bigger brother, especially an older-style one – it probably won't be properly sized for you and the newer style packs are much lighter and easier to carry
- If you don't want to spend the money to buy a good pack, consider renting one from a local outfitter such as Exkursion in Monroeville
- Pad the front of the pack's interior with a layer of clothing to provide cushioning against your back
- Place lighter items at the bottom and heavier items at the top of your pack so that its center of gravity is high and close to your shoulders – your pack should also be balanced from side-to-side
- Place items you need to get quickly (flashlight, poncho, canteen, First Aid Kit, etc.) at the very top of the pack or in the outside pockets, if your pack has them
- **DON'T OVERPACK!** – your full backpack should weigh no more than 20% (1/5) of your body weight, and remember, you'll have to add your share of food and patrol/troop equipment, too

CARE OF YOUR FEET:

- Make sure your toenails are trimmed properly
- Wash your feet thoroughly before putting on socks
- Wear two pair of socks to keep your hiking boots from rubbing against your feet, making blisters, and to "wick" the moisture away from your feet – the first pair should be thin liner socks (silk or synthetic), the second pair should be thick outer socks (wool or synthetic)
- Wear a pair of good-quality hiking boots with a thick rubber sole – boots must be broken-in before hiking, don't wear a pair of brand-new hiking boots!
- Upon reaching camp, take off your hiking boots and both pair of socks and put on one pair of clean, dry regular socks and sneakers or other comfortable shoes to give your feet a rest
- When breaking camp and beginning to hike again, take off your sneakers and socks and put on two pair of clean, dry socks (thin liner socks and thick outer socks as described above) and hiking boots

KEEPING WARM DURING THE DAY:

- Don't wear a heavy winter coat
- Dress in layers – wear an undershirt (T-shirt), a long-sleeved shirt (flannel is good), one or two sweatshirts or sweaters, and a jacket or light coat – as you warm up, you can "peel off" layers to stay comfortable

KEEPING WARM DURING THE NIGHT:

- Use a warm, winter weight sleeping bag or use a sleeping bag liner or a blanket wrapped inside a light weight sleeping bag – make sure you have insulation underneath you, too, because most of the heat escapes through the bottom of the bag into the ground
- Use a foam sleeping pad or air mattress for both comfort and warmth since it helps to block the heat escape, too – an air mattress is NOT recommended for cold weather because the air in the mattress will be as cold as the ground and will make you cold
- **NEVER** wear the same clothes at night that you've been wearing all day, they're damp from perspiration and this dampness will make you VERY cold at night – **ALWAYS** take off your day clothes and put on clean, dry night clothes before getting into your sleeping bag (this includes changing your underwear, long thermal underwear, and socks)
- Wear long thermal underwear shirt and pants and a sweat suit – don't wear the sweatshirt or jacket you wore during the day either, they're damp, too
- Wear clean, dry socks and a clean, dry cloth stocking cap to keep your feet and head warm – most of your body heat escapes from these areas