

Trek Packing List

This is a list of what to bring JUST for the trek – not the entire stay at camp. For a packing list suggestion for a Scout's full week, [click here](#).

Pack Equipment

- Internal or external frame pack (should really have a hip belt)
- Rain cover for pack or heavy-duty garbage bag for covering pack
- Straps to attach sleeping bag
- 3 Nalgene bottles

Sleeping

- sleeping bag (rated for colder weather, nights can get down to 40 degrees at times)
- sleeping pad
- camping pillow (inflatable or compressible)

Camp Gear

- Personal first aid kit (containing: band aids, moleskin, disposable gloves, sunscreen, bug spray)
- Good sharp knife
- Fire starter (matches/lighter/flint)
- Compass (with clear baseplate)
- Flashlight with batteries (headlamps are best)
- Toiletries
- Mess kit

Clothes

- 1 pair hiking boots (fully broken in)
- 1 pair comfortable shoes for boating. (either Crocs or other lightweight shoe)
- 2 pairs shorts
- 2 pair lightweight hiking pants (no cotton or jeans)
- 1 pair sweatpants or pajama pants
- 2-3 t-shirts (not cotton)
- 1 bathing suit and towel
- 4 or so pairs of wool/athletic socks
- 4 pairs underwear
- 1 sweatshirt/jacket
- 1 Poncho or raincoat
- 1 comfortable brimmed hat

Unit gear (items for the whole group)

- 1 stove for every 1-4 people
- 1 pan/1 pot per stove
- 1 spatula/1 spoon

- Rope (paracord)
- Troop first aid kit (heavier bandages, gloves, tweezers, bandages, etc.)
- Optional: folding saw

- Tents or hammocks with rain fly for each person