



# Trek Packing List

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## Personal Gear

Gear each person on the trek will need

### Pack Equipment

- Internal or external frame pack
- Straps to attach sleeping bag to pack (ratchet straps, bungee cords, or rope), unless it fits in your pack
- 3-5 Liters of water (Nalgene Bottles/Camel-back) – If you think you have enough water, add another liter
- 6-7 Zip-Lock 2-gallon bags

### Clothes

- Fully Broken in hiking boots (preferably with ankle support)
- 3 pairs shorts (or as many as the person would like; remember each pair adds weight)
- 4 T-shirts (moisture wicking preferred but not necessary)
- 1 pair sneakers/sandal or water shoes (needed for all aquatic activities and relaxing in camp sites)
- 1 bathing suit and towel (Backpacking towel/half towel)
- Socks (5 Pair Hiking, 5 Pair Athletic) Comfortable and worn in; NOT NEW
- Underwear (6-7 pairs comfortable and worn in; NOT NEW)
- Long Pants (1 pair: sweatpants, worn scout pants or really worn-in jeans)
- Cool Night Gear (Long Johns or sweatshirt and sweatpants)
- Poncho or Rain Suit
- Good belt with small buckle (not required but may offer better comfort for larger scouts)
- Some sort of comfortable hat (Boone Hats are best; military surplus ones are cheap)

## Sleeping and Site Gear

- Mess gear (spoon and metal cup)
- Hammock with rain fly (decent ones are on Amazon \$30-\$40); Not required but suggested \*(If you have never used a hammock, set it up and spend a night in it before trek)
- Sleep System you're familiar and comfortable with sleeping bag/backpacking bag/mat and blanket \*(If you purchase a new sleep system, set it up and use it for a night before trek)
- Flashlight with new batteries (headlamps are best)
- Toiletries

## Other Gear

- Personal first aid kit (containing, but not limited to: Moleskin, Band Aids, Vaseline, ace bandage, disposable gloves, sunscreen, bug spray)
- Good sharp knife (not just a multi-tool)
- Fire starter (matches/lighter/flint/magnesium)
- Rope (550 cord)

## Crew Gear

Gear the whole crew will need

- 1 water filter per every 4 people
- Ax/Hatchet
- Folding saw
- 1 stove per every 4 people – Pocket Screw-on Propane Stove for boiling water (\$15-\$20 on Amazon)
- Pots for boiling water, 1 pot per stove
- Tarp for covering packs (not required)
- Bear bag with rope
- Crew first aid kit (have the crew make it before any practice hikes)
- Torch for fire starting
- Crew flag (not required)
- Backpacking instruments for morale (not required)
- Backpacking radio (not required)

