

## Backpacking, Camping and Hiking Equipment Recommendations

### 10 Essentials (for every trip)

1. Pocketknife
2. First Aid Kit
3. Extra Clothing
4. Rain Gear
5. Canteen or Water Bottle
6. Flashlight (w/extra batteries and bulbs)
7. Trail Food
8. Matches and Fire Starter
9. Sun Protection (sun screen and glasses)
10. Map and Compass

### Day Trip

- R-Scout 10 Essentials
- R-BSA Handbook
- O-Day Pack
- O-Insect Repellent
- O-Walking Staff

### Overnight Trips

- R-Scout 10 Essentials
- R-BSA Handbook
- R-Warm Sleeping Bag
- R-Sleeping Pad
- R-Rain Fly and/or tarp(s)
- R-Boots or suitable shoes
- R-Mess Kit w/plate, bowl, cup, knife, fork, spoon
- R-Insect Repellent
- R-Plastic bags
- R-Toothbrush & paste
- R-Suitable socks
- R-Underwear for each day
- R-Money (\$5) for lunch on trip home

### Extras

- O-Sitting pad or;
- O-Collapsible chair
- O-Camp shoes
- O-Sandals
- O-Shower Shoes
- O-Extra nylon cord
- O-Backpackers trowel
- O-Wool gloves
- O-Pile or Wool vest
- O-Personal toiletries
- O-Handkerchief/Bandana
- O-Sun hat or wool hat
- O-Notebook & pencil
- O-Windbreaker
- O-Tent w/ground cloth
- O-Swim Trunks
- O-Towel
- O-Extra pair long pants
- O-Clothing for layering
- O-Camera & film
- O-Wicking long underwear

### Backpacking

- R-ALL required gear from the Overnight Trip list plus:
- R-Backpack
- R-Rain cover/poncho for backpack
- R-Emergency shelter or survival blanket
- R-Liquid biodegradable soap
- R-Garbage bags
- R-Toilet paper
- R-Lip balm

**R=Required**

**O=Optional**