



Boy Scout Troop 72

Sponsorship : Roychester Park Community House
Overlook Hills, Abington Pa.

www.troop72overlookhills.org

Meeting Nights :Monday 7:30p – 9:00p

Back-Pack Weekend Personal Equipment List

Take into account the time of year, weather forecast, trip activities, and adjust as required.

BE PREPARED !

WHAT TO WEAR OR TAKE WITH - ESSENTIALS

{ } Hiking Clothes (Dress for the weather - layers) – Can wear same clothes on Day 2.
(Tip – Wear all your clothes – you can remove / add as needed during hike)

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|-----|-------------------------------|-----|--|
| { } | Hiking Boots | { } | Whistle |
| { } | Wool Socks w/ synthetic liner | { } | Compass |
| { } | Bag Lunch | { } | Rain Gear (packed on top) |
| { } | Water Bottle (filled) | { } | 1 large garbage bag/ backpack rain-fly |
| { } | Trail mix/energy bar | { } | Personal First Aid Kit w/ Mole Skin |

PERSONAL EQUIPMENT (Tip pack clothing in ziplock bags)

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|-----|---|-----|---|
| { } | Backpack | { } | Flashlight (small) /Headlamp |
| { } | Sleeping Bag 3 season/Liner-weather depend | { } | Pocket Knife (small) |
| { } | Foam Sleeping Pad | { } | Mess Kit (Bowl/Plate,cup, spoon/fork) |
| { } | 1 Pair of underwear -extra | { } | Toothbrush / Toothpaste/Soap |
| { } | 2 extra pair socks (wool & liner/synthetic) | { } | Hand wipes (in ziplock bag) |
| { } | 1 pair long Pants - extra | { } | Hand wipes (in ziplock bag) |
| { } | 1 Long Sleeve Shirt (not cotton) -extra | { } | 1 Small Towel |
| { } | 1 Sweatshirt /Fleece/Jacket | { } | Extra garbage/Ziplock bags/stuff sack |
| { } | 1 pair gloves & wool hat and/or cap | { } | Toilet Paper–(small amount not full roll) |

SEASONAL/OPTIONAL EQUIPMENT

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|-----|----------------------------------|-----|---|
| { } | Sunscreen (small tube) | { } | Bug Repellent (small bottle) |
| { } | Trekking Poles / Hiking Stick | { } | Camera |
| { } | Backpackers Chair/small foam pad | { } | 25 ft line (rope) for multi-use/emergency |

PATROL/TROOP EQUIPMENT / Shared Items

- | | | | |
|-----|---------------------------------|-----|-------------------------------------|
| { } | 1 Tent | { } | 2 Tarps (ground / tarp) |
| { } | Tent Poles & Tent Stakes | { } | 1 Roll of Toilet Paper |
| { } | 1 Backpack Stove & 1 Gas can | { } | 1 Pack matches (waterproof protect) |
| { } | Food | { } | 2 # 10 Cans w/ handle |
| { } | 3 Large Zip-lock bags for trash | { } | Cook Kit & Cook Utensils |
| { } | 1 Water Filter Kit | | |
| { } | First Aid Kit (shared) | { } | Shovel |

The goal is to keep your pack between 15 – 25% of your body weight. The shared items plus Food will be evenly distributed among the boys to assure proper weight distribution.

Please use this list as a guide. Many items can be deleted in order to save weight. Please consult one of the adult leaders for more packing tips and questions.