



Boy Scout Troop 72

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

www.troop72overlookhills.org

Meeting Nights :Monday 7:30p – 9:00p

Day-Pack Hiking Personal Equipment List

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

BE PREPARED !

In Day Pack –Bookbag type pack

Water Bottle

2 pair of appropriate socks (either wool & liners or synthetic) (1 on feet / 1 spare)

Hat

Fleece /light jacket

Hat

Personal First Aid Kit

Rain Jacket/Pants

Compass

Whistle

Sun Screen

Pocketknife

Insect repellent

Sun Glasses

When Specified :

Lunch in large zip-loc bag

Trail Mix or energy bars

sturdy hiking boots

Toilet Paper –small amt

Optional equipment :

Trekking poles or hiking stick,

binoculars, camera

1 long sleeve shirt If at all possible, stay away from cotton clothing

1 Long pants recommended / zip-offs / shorts