

## Troop 127 Lincoln, MA

## Fall/Winter Backpacking Gear Checklist

\* Add for winter

### Backpack

Two 1-liter water bottles, \*Insulated cover for one bottle

Hiking boots (recently waterproofed)

pack all extra clothes in zip lock bags to keep them waterproof

\* winter boots with liners

Socks: two thin pairs, two thick pairs

\* thermal.Gortex socks keep feet warm and dry

Rain pants (with zipper on bottom of pant leg so pants can be put on over hiking boots) and parka, no ponchos or thin plastic!

Windbreaker or parka (with hood is best, rain parka works as windbreaker)

Wool sweater or fleece jacket

Another wool sweater or fleece jacket if your windbreaker is not insulated

Long sleeved shirt (not cotton)

Pants (not cotton)

Long underwear tops and bottoms (not cotton)

Mittens (wool or fleece)

\* mitten shells

\* face mask

\* goggles

Hat (wool or fleece)

Change of cloths, shoes and socks (a 2<sup>nd</sup> spare set in a separate bag stays in the car)

Sleeping pad

Sleeping bag rated to 20 degrees F with bivy sack (waterproofs and adds –10 degrees to the bag)

\* rated to 0 to –20 for winter (this bag can be used year round)

line the stuff sack with a garbage bag to keep the sleeping bag dry

Headlamp or flashlight with extra bulb and batteries

Plate, cup, eating utensils (paper plates , no clean up and light weight but must be burned or carried out).

Towel, soap, toothbrush

Medications and copy of instructions for leaders

Large trash bags (2)

Whistle (plastic is best)

Pocket knife (NO SHEATH KNIVES)

Matches in waterproof container or hurricane matches (no liquid fuel lighters)

Compass

Fire starter

Toilet paper

\* snowshoes (supplied by troop as needed)

Rope 25' – 50' light nylon cord (about 250 – 500 # test)

Survival Kit: rescue blanket, food bar, nylon cord, waterproof matches, candle/fire starter, plastic whistle, small metal mirror, pen light, small sharp knife, plastic or metal cup, sterile wipe, band aid, ring saw, tea/bullion, tinfoil, compass, fishline/hook/cork, duct tape.

Optional: Camera and film, Notebook, pencil, Gaiters, Shorts In the winter gaiters are required

### Food:

Bring your own trail snacks and lunches. No junk food. Breakfast and dinners will be jointly planned and prepared. No cans, glass or soda. Pack food carefully so it doesn't leak out in your pack.

### Shared equipment:

Tent, stove, fuel, cookset with soap and scrub pad, tarp, water purification tablets, maps/guidebook, space blanket, first aid kit, water jug, shovel, saw and hatchet with covers.

All gear must be packed or tied securely to your pack so that your hands are free when hiking. A full pack should weigh about 1/5 of your weight. In the winter this can go up to 25-30% of your weight. 7/02/02