

Equipment List for an Autumn Overnight Backpacking Trip

Personal Equipment

Your Pack

- good backpack
- pack cover (like a large trash bag)

Sleeping Gear

- backpack tent (ideally shared with another Scout)
- ground cloth for tent
- lightweight sleeping pad
- sleeping bag or blankets appropriate for weather

Cooking

(We will cook backpacker style -small groups of two to four will feed themselves. Gear should be distributed to share the load.)

- camp stove w/ fuel if not cooking over a fire
- minimum of backpacking pots or pans
- plate and cup
- utensils for cooking and eating
- food - snacks and group
- small amount of biodegradable dish soap (can be shared item)
- matches
- canteen(s) with water
- water purification system

Other Equipment

- headlamp w/ fresh batteries
- rope or twine
- pocket knife
- personal first aid kit

- compass
- map
- toiletries and lightweight towel
- toilet paper (not a whole roll!)

Clothes to Pack

- *Sometimes winter conditions occur on a trip during the late fall. Scouts should be prepared for such weather, but not overload their pack.*
- *Avoid cotton. Synthetic fibers and wool are preferred.*

- 1 pr underwear
- 1 pr hiking socks
- 1 pr liner socks
- 1 shirt
- pants (optional)
- shoes for camp (optional)

Prepared for Rain and Wind

- rain coat (Some folks like ponchos that can also cover their pack, but a jacket doubles as a windbreaker.)
- rain pants (optional, unless you omit regular pants above)

Prepared for Cold

- sleeping hat
- long underwear (shirt & underpants)
- fleece
- mittens or gloves

Optional

- backpacker lantern for tent
- camera
- pillow

Group Equipment

- patrol dining tarp (TOTALLY optional!)
- trash bags
- group first aid kit
- collapsible drinking water jugs
- collapsible fire bucket
- BSA health forms
- permits, if any
- trip and transportation rosters with phone contact info
- mesh hanging bag for food, dishes, and "smellables"
- rope for hanging bag
- leader's cell phone

What to Wear*Layering*

Scouts should dress appropriately for the weather, using layered clothing so they can regulate their comfort. For example, a sweater, fleece, and rain shell are preferable to one big, puffy, down coat.

Hiking Boots and Shoes

The precise type of footwear can depend on the trail:

- Sneakers are not suitable.
- Soft soled hiking footwear with lightweight construction can be suitable for fairly flat trails with even surfaces like gravel, crushed stone, and dirt. Their lightweight is a significant advantage when hiking a long distance.
- Hiking shoes without ankle support also can be suitable for fairly flat trails with even surfaces like gravel, crushed stone, and dirt.
- As trails get steeper and bumpier, footwear for backpacking should become sturdier. Harder soles will protect the feet from bruising and supported ankles will help avoid twists and sprains. Remember that a 25 to 35 lb. pack will add to the wear and tear on your footwear.
- In wet conditions, waterproofed leather or Gore-Tex lined boots are necessary as wet feet can contribute to the formation of blisters and hypothermia.
- Regardless of boot design, proper fit is absolutely necessary to avoid blisters.

Finally, new footwear tends to cause blisters. Scouts should wear their new hiking boots or shoes frequently in the weeks prior to any hiking or backpacking event.

AUTUMN BACKPACKING EQUIPMENT LIST FOR OVERNIGHTER

Hiking Socks

Not every sock is suitable for hiking. Hiking socks typically are thicker, particularly around the sole, heel, and toes. They should be wool or synthetic materials and fit snugly.

Many backpackers use liner socks, which are thin socks made of synthetic material like polypropylene. These socks are designed to wick moisture away from your feet and into the outer sock. They also fit close to the foot so the boot and outer sock rub the liner, not your skin. By reducing moisture and rubbing on the skin, liner socks in theory reduce the blistering. Liners are most appropriate for stiff, alpine boots, and hikers using lightweight boots frequently do not use liner socks.

Hats

Hats keep our heads warm and shield us from sun, rain, and bugs. Pick a hat that best suits your needs, whether it is a baseball hat, a soft brimmed hat, or a knit hat. Keep in mind that hard brims that cover the back of the neck - like on cowboy hats - are not suitable because the brim will knock against the backpack.

Gloves and Mittens

In late autumn, lightweight gloves or mittens should be worn or be in your pack. They should be made of wool or synthetic material, and preferably, have a water resistant shell. Mittens are warmer than gloves.

Long Johns

No cotton. No exceptions.

Pants

Versatile pants that have cargo pockets and even zip-off legs are great. They should be made of synthetic material so that they dry quickly and stay warm. The BSA's Polyester Microfiber Switchbacks meet these criteria. Wool pants are another great option when the weather is clearly going to be cold. Sometimes army surplus stores are the best place to buy wool pants.

Cotton jeans should never be brought backpacking; they are too heavy and will not be warm if they get wet. Similarly, the Boy Scout's canvas uniform pants are made of 67% cotton, and therefore, are not good for backpacking.