

## **Review of what to bring on the Harriman Backpacking Trip**

**IMPORTANT! Parents please have your son pack his own backpack, he needs to know where each item is!**

**SCOUTS: Pack Lightly! Remember you are going to carry this backpack on the trail, the lighter it is, the better.**

### **FOOD:**

1. Saturday Breakfast- Scout should eat at home before coming to the church.
2. Saturday Lunch- Scout to bring bag lunch to eat on trail, or at camp.
3. Saturday Dinner- Scout responsible for freeze dried meal, purchase at Dick's, REI, EMS, etc.
4. Sunday Breakfast- Scout responsible for meal, i.e. instant oatmeal.
5. Snacks- Scout should bring "GORP", snack bars, protein bars, etc.

### **WATER:**

1. Bring a minimum of two (2) liters for drinking, cooking, clean up.
2. Water can be carried in Nalgene type bottles or in one (1) liter Poland spring type bottled water.

### **CLOTHING:**

1. While Hiking
  - a. Layers, Shirt (non cotton), Fleece, Jacket.
  - b. Pants, i.e. Boy Scout pants (zip off), Outdoor pants, No jeans.
  - c. Wool or wool blend socks.
  - d. Hiking Boots. NO SNEAKERS! Sneakers are not permitted, will be sent home!
  - e. Bring gloves and a hat
2. While Sleeping
  - a. Thermal underwear, sweat pants, sweat shirt, socks.

### **GEAR:**

1. Mummy type Sleeping Bag 20-30 degree bag, no light summer bag (no slumber party type bags).
2. Insulated Sleeping Mat (Therma-rest, foam, etc.)
3. Proper Hiking Boots ( No Sneakers)
4. Reduced Mess Kit (small pot to boil water, fork, spoon, cup)
5. One Pocket Knife
6. One Headlight/Flashlight
7. Water Bottles
8. Toilet Paper (not a full roll) unroll a portion of the roll and put in a Ziploc bag.
9. Paper Towels (not a full roll) unroll a portion of the roll and put in a Ziploc bag.
10. One Garbage Bag, "Carry Out What You Carry In", "Leave No Trace"
11. Small backpacking Stove (if you have one, no need to purchase)