

Backpacking Guide

"Remember, the key to successful backpacking is to go lightly."

Basics first - Layering is very important.

Temperature on the mountain can vary dramatically and what was perfectly comfortable during the day is uncomfortably cold at night. Anything that gets wet on the trip will dry out before the Scout comes home. Scouts must have a change of dry clothing when needed. Also, cotton clothes absorb water well but do not dry quickly and will feel wet and clammy. Synthetics are highly recommended such as polypropylene, thermax, etc due to their quick drying properties.

Backpacking Trip Packing List

- Hiking boots (not tennis shoes, etc.)
- Sleeping bag (in plastic bag or water-proof stuff sack)
- Rain Jacket
- Hat
- Foam pad for sleeping bag
- Gloves
- Pants
- Backpack with frame
- Fleece Sweatshirt
- Backpack pack cover (or garbage bag to cover pack)
- Hiking (wool) socks (2 pairs)
- Bungee cords, pack straps, or rope
- Flashlight (with fresh batteries)
- Extra: jacket (suitable for the weather)
- Personal first aid kit
- Shirts (2)
- Underwear
- 2 Water bottles (1-quart size - filled before leaving home)
- Cup, bowl, and spoon
- Long underwear
- Napkin / paper towel to clean eating utensils after meals
- Garbage bags (2)
- Food packed in zip lock bags
- Toilet Kit
- Kleenex or handkerchief
- Troop Gear: tent, rain fly / poles & tent stakes / ground cloth (divided by 3 scouts)
- Scouts will carry stoves, extra fuel, pots (2), first aid kit, water filter pump (Raven leaders will carry for the Ravens)

Backpacking Camping Secrets

- Several layers of light clothing are warmer than one heavy garment.
- Also, pieces can be added or removed as the temperature or activity changes.
- Two lighter pairs of wool socks are warmer than one heavier pair.
- Avoid tight socks and tight fitting shoes, unless you enjoy cold feet!
- Keep the pack light
- If you Pack it in . You will Pack it out
- Pack all gear in Ziploc bags

A Few Other Backpacking Pointers

- Put your name on each piece of equipment and clothing.
- Remember, if you over pack, you have to carry it.

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- Leave your sleeping bag rolled up until needed so it won't absorb moisture.
- Good boots (waterproof) will keep you happy on campouts and hikes. Tennis shoes and sneakers should not be worn.
- A stocking hat worn to bed will help keep your head warm. Remember, your head is where most body heat is lost.
- Breathing inside your sleeping bag puts a lot of moisture inside which eventually turns cold. Keep your face outside the bag.
- Drinking fluids will help keep you warm as your body is like a hot water bottle. Without fluids, your body has trouble warming itself.
- Food and drink inside your tent invites visitors from the woods to your tent.
- Prior to any camping trip, it is also recommended that sleeping bags and extra clothes be packed in plastic bags before loading into backpacks. This will ensure that the boys will have a dry place to sleep and dry clothing. Garbage bags are great and inexpensive for this and zip lock bags can be used for any small items.
- Remember to leave room in your pack for troop gear

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Breakfast Meal Notes

Take the breakfast challenge to get up a little early, enjoy the coolness of the day and focus on fueling your body. You will have more energy as you start on the trail first thing in the morning.

Breakfasts Meal Options

- Instant oatmeal, Tang, Hot cocoa, Dried Fruit
- Bagel with jelly, Tang, Hot cocoa, Dried Fruit
- Precooked Bacon (2 slices), Freeze-dried scrambled egg, Bagel (pre-buttered), Dried fruit, Hot cocoa
- Breakfast bars, Tang, Hot cocoa, Dried fruit
- Dry cereal (pre-sugared variety), Powdered milk, Hot cocoa, Dried fruit

Lunch Meal Notes

The best time to eat lunch when backpacking is from about one hour after breakfast until about one hour before dinner, continuously. In other words, frequent small snacks of complex carbohydrates all day long. That way the body has a constant source of energy available and you are less likely to get too tired.

Lunch Meal Options

- The best hiking lunch going is a peanut butter and jelly sandwich.
- Bagels, or the small baguettes, are great breads to take along for the more substantial food break around noon. Make some up at home by cutting them in half and putting jelly and/or peanut butter in it, then wrapping it in plastic wrap.
- Crackers such as Triskit, Wheat Thins, and Ritz are also good. Granola bars are also a good form of complex carbohydrates.
- Jerky, salami sticks, beef sticks, dry salami, etc. are good meats to take along, but only in small amounts for lunches.
- Small chunks of cheese or a package of string cheese also tastes good.
- Trail mix is a good snack food for the day-long lunch.
- Jerky, salami sticks, beef sticks, dry salami, etc. are good meats to take along, but only in small amounts for lunches.
- Small chunks of cheese or a package of string cheese also tastes good.

Dinners Meal Notes

This is the second most important meal for a hiker's physical needs (breakfast is first), but the most important for his mental well-being. By the time dinner rolls around, you will be tired, his feet will hurt, he'll be sunburned and mosquito-bitten, he'll itch, his patience will be nonexistent, and he'll be very hungry. This means the meals need to be simple and quick to fix and something he will eat as well as containing the right foods for the body.

Dinner Meal Options

- Chicken Noodle Cup-a-Soup, Mashed potatoes, Punch, Hostess Fruit Pie
- Vegetable Cup-a-Soup, Bagel, Small can chicken, Punch, Hostess Ding-Dongs
- Chicken Noodle Cup-a-Soup, Small can chicken, 1/2 Cup White Rice, 1/2 package Chicken Gravy Mix, Punch, Twinkies

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Supermarket Backpacker Foods

Listed below are pre-packaged, canned and dry foods from the local supermarket that are great for preparing delicious meals on the trail. Many of the meats and sea foods can be found in very small cans. Take a tour through the supermarket and make up your own list with what you like.

Quick Snacks

- Granola Bars
- Fruit Roll-ups/Swirl Bars
- Tootsie Rolls / Caramels

Fruits

- Dried fruits (apples, figs, apricots, peaches, raisins)

Pasta/Rice (starches)

- Instant Mashed Potatoes
- Kraft noodles and Cheese
- Lipton's Noodles and Sauce
- Ramen Noodles
- Macaroni & Cheese
- Rice a Roni
- Lipton's Flavored Rices
- Long-grained white Rice
- Wild Rice
- Instant Oatmeal
- Instant Cream of Wheat

Soups

- Lipton Cup-a-Soups

Vegetables (heavy)

- Frozen Corn
- Frozen Peas
- Frozen Green Beans
- Fresh Broccoli

Breads

- Bagels
- French Rolls

Canned Meats

- Chicken
- Tuna
- Beef
- Corned Beef

Packaged Meat

- Chicken (in foil pack)

- Summer sausage
- Beef Jerky

Desserts

- Pudding Packs
- Fresh Fruit
- Small Pies

Drinks

- Water
- Freeze-dried coffee
- Tea Bags
- Individual Premixed Pouches
- Instant Hot Chocolate

Basics

- Sugar Packets
- Salt / Pepper Packets

Optional

- Dried Onions
- Peanut Butter
- Instant Pudding Mix
- Medium to Hard Cheese (like cheddar)