

## Troop 603 backpack list

| Each scout  |          | Scout gear                                  |  |
|---|----------|---|--|
|   | <b>M</b> | 1 pair Convertible Pants (zip @ knees)      | <b>M</b> Backpack                                |
|   | <b>M</b> | 2 pair Nylon Shorts                         | <b>M</b> Sleeping Bag (lightweight)              |
|   | <b>M</b> | 3 pair Underwear                            | <b>O</b> Space blanket                           |
|   | <b>M</b> | Cotton socks (1 pair) you wear hiking       | <b>O</b> Foam ground pad or Thermarest           |
|   | <b>M</b> | Cotton socks (1 pair) in your pack as extra | <b>M</b> Toothbrush / toothpaste                 |
|   | <b>R</b> | Nylon socks (for wicking)                   | <b>M</b> Small Towel / wash cloth / soap         |
|   | <b>M</b> | Hiking boots or shoes with lugs / cleats    | <b>M</b> Backpackers trowel & toilet tissue      |
|   | <b>M</b> | Shirt long sleeve (1)                       | <b>M</b> Insect repellent                        |
|   | <b>M</b> | Tee shirts (3) 1 you wear, 2 in pack        | <b>M</b> Sun block and Chap stick                |
|   | <b>M</b> | Hat or cap for sun protection               | <b>R</b> Large trash bag (to cover pack)         |
|   | <b>O</b> | Light wind breaker                          | <b>M</b> Water bottle (2) - 1 qt. bottles        |
|   | <b>R</b> | Rain gear (Poncho)                          | <b>M</b> Plate / bowl / Cup                      |
|   | <b>R</b> | 50 ft. Nylon cord                           | <b>M</b> Knife, fork, spoon                      |
|   | <b>O</b> | Rain Jacket & Pants                         | <b>O</b> Compass                                 |
|   |          |   | <b>R</b> Pocketknife / Leatherman                |
|   |          |   | <b>M</b> Small flashlight / extra battery        |
|   |          |   | <b>M</b> Whistle on lanyard                      |
|   |          |   | <b>O</b> Sun Glasses                             |
|   |          |   | <b>O</b> Watch                                   |
|   |          |   | <b>O</b> Camera & film                           |
|   |          |   | <b>O</b> Binoculars (lightweight is possible)    |
|   |          |   | <b>O</b> Notebook and pencil                     |
|   |          |   | <b>O</b> Water proof matches                     |
|   |          |   | <b>R</b> First aid kit (leaders will have a kit) |
|   |          |   | <b>R</b> Wet wipes                               |
| <b>M = Mandatory items - O = Optional items - R = Recommended items</b> |          |   |  |

This is just a suggested list of items. You can add more, but remember to keep the weight down!

The fully loaded backpack should only be about 20% of the scout's body weight. So a scout that weights 100 lbs should have a pack that weights about 20 lbs (~16 lbs without tent\*).

\*NOTE: Each scout will also carry half of a tent; the average weight of each tent is about 8 lbs.

You also need to allow 1-1/2 to 2 lbs. per person per day for and 2 lbs. per quart of water.

## **Food suggestions (this list is based on items found at the supermarket)**

### **Drinks**

- Tea, Coffee (with sugar, creamer if desired)
- Hot chocolate, powdered milk
- Powdered presweetened drinks (Gatorade, lemonade, etc.)

### **Trail Snacks**

- GORP or trail mix
- fruit roll ups, M&M's
- beef jerky, pepperoni sticks (slim jims)
- crackers
- sturdy cookies
- sunflower seeds
- power bars, granola bars

### **Breakfast**

- Cold cereal (choose types that won't crumble easily: granola, All Bran, Bran Buds, Grape Nuts)
- Instant Oatmeal
- English muffins or compact bread (rye, pumpernickel, bagels, pita) with honey, margarine, squeezable jam, peanut butter
- Pancake mix (just add water type) – Don't forget a little oil for frying.
- Pancake syrup (TIGHT sealing plastic container)
  - The small syrup bottles served at Cracker Barrel work great!
- Pancake syrup - freeze dried. It prepares fast, and tastes great!
- Bacon: Buy the new pre-cooked kind, requires no refrigeration until opened
- Instant hash browns
- Powdered milk for cereal
- Brown sugar for cereal
- Rice cakes
- Instant breakfast mix
- Pop Tarts

### **Lunch**

- Cheese (bars, sliced)
- "Sturdy" crackers
- Compact breads, English muffins, Pita bread, etc.
- Peanut butter, jam, honey, etc. (put in squeeze tubes, or use condiments from fast food places)
- Tinned meats, fish, and spreads
- Hard smoked meats (pepperoni, salami) eat during first few days.
- Meat sticks, slim jims, beef jerky
- Powdered soup mixes
- Instant rice or noodle mixes (e. g. Rice-a-roni, ramen noodles)
- Fresh produce: Apples, oranges, carrots (heavy, but travel well)

### **Supper**

- Powdered soup mixes
- Pasta (noodles, macaroni, spaghetti) Chow mein noodles
- Rice mixes, Noodle and sauce mix
- Powdered mashed potatoes
- Sauce and seasoning mixes (spaghetti, taco, chili, sloppy joe)
- Fresh meat for the first day. Freeze it before you leave.
- Dried vegetables (mushrooms, onions, peas, beans, carrots, etc.)
- Tinned meats (ham, chicken, turkey)
- No bake cheesecake mix
- Cookies, fig bars

## Sample Menu

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### **DAY ONE:**

Breakfast:

Pancakes, syrup, bacon  
Fruit drink, hot chocolate, coffee

Lunch:

Peanut butter and jelly sandwiches, pretzels  
Fruit juice, fig bars, cookies

Dinner:

Mountain House Rice and Chicken dinner (Freeze dried)

### **DAY TWO:**

Breakfast:

Scrambled Eggs ,Bacon, hash browns (Freeze dried)  
Fruit drink, hot chocolate, coffee

Lunch:

Cheese or salami sandwiches  
Instant soup, Fruit juice, granola bar

Dinner:

Hearty Beef Stew (Freeze dried)  
Cobbler (Freeze dried)

### **DAY THREE:**

Breakfast:

Oatmeal, Fruit drink, hot chocolate, coffee

Lunch:

Ramen noodles, crackers, cheese  
Fruit juice, candy bar

Dinner:

Chili Mac With Beef (Freeze dried)

### **DAY FOUR:**

Breakfast:

Pop-tarts, Fruit drink, hot chocolate, coffee

Lunch:

Instant soup, crackers, cheese  
Fruit juice, cookies

Dinner:

Chicken rice dinner (freeze dried)

### **DAY FIVE:**

Breakfast:

Blueberry Honey Almond Granola (freeze dried)  
Fruit drink, hot chocolate, coffee

Lunch:

Instant soup, crackers, slim jim, cheese  
Fruit juice, cookies

Dinner:

Fish dinner (fresh) hash browns (freeze dried)  
Strawberry cheesecake (freeze dried)

***This is just a sample to give you some ideas. But try to plan each day, then pre-package each day in Ziploc bags that are marked with the Day (Monday, Tuesday, etc.)***