

Backpacking I

Backpacking Equipment List (Trainers will bring items marked with *)

Food (Trainers will supply the food for Campference)*

Stuff sack for food use only (this is also the smellable bag for the bear bag)

Water Bottles (4 Liters, can be 2 liter soda bottles)

Water Bottle squirt (to drink from while hiking on trail)

Spoon (metal or heavy duty Lexan is great too)

Cup (stainless steel sierra cup) (use this as your plate and your cup)

Troop (Trainers will supply these items for Campference*)

Leave No Trace Campfire Kit (aluminum foil, starter log, lighter)*

Emergency Blanket*

Night Orienteering Kit (reflectors, paper, pen)*

Two Ropes 100 feet each, ie. Para-cord (this is the bear bag rope)*

Trail Worship book (optional)*

Backpacking stove (lightweight)*, Fuel for stove (isobutane) and lighter *

Map topo*, Compass*

Sleeping

Mummy sleeping bag (25 F or better, 4 lbs or less)

Tent (backpacking - 5 pounds or less, share with another person)

Pillow cover (fill with clothes at night to sleep on)

Therm-a-Rest air mattress (optional)

Closed cell foam pad (pad under sleeping bag)

Clothes

Stuff sack for clothes

Tee-shirt, bring only one, wear same shirt Sat. and Sunday

Socks (one pair for each day)

Underwear (one pair for each day)

Light jacket ie. Polar fleece jacket

Hiking boots or sneakers (bring only one pair)

Shorts one pair only

Long pants (lightweight quick dry, for night time)

Sun hat (use hiking)

Long underwear (top and bottoms for night time)

Ski hat (for night time)

Personal

Hiking Stick (optional) (great for going uphill and downhill for adults)

LED headlamp or small flashlight

Toothbrush (optional), Pocket knife, Whistle

Backpack (internal or external--your preference--but make sure it has a really comfy, padded hipbelt and padded shoulder straps)

Straps or rope to tie equipment to backpack

Poop Kit (plastic shovel, toilet paper, baby wipes, and sanitary supplies like tampons or pads Enough in case you have your period the entire time you are backpacking and Heavy Duty Freezer Ziplock bags--about 5 of these for storing your TP, your wipes and sanitary items)

First Aid Kit (in a small zip lock bag) Band-Aid Advanced Healing Blister bandages. You use this BEFORE a warm spot turns into a blister. You use Moleskin or Second Skin if a blister has already formed.

Leave the hair spray and other "smell good" products at home! They attract bees and other stinging insects!!! Use non-scented products when backpacking so that you do not attract wild animals or insects.

Although we sometimes use deodorant in base camp, we leave it behind when we backpack. Daily washing and keeping clean will minimize our body odors (with non-scented products). We want the animals to be able to tell that HUMANS are coming into the area, not enticing fruits and other non-human fragrances. This includes sunscreen.

The goal is Zero Impact Pack it in, pack it out Leave only footprints, take only pictures, kill only time.

Partial list of backpacking equipment stores.

REI

1405 West Southern, Tempe (Southern & Priest) 480-967-5494
Cactus & Paradise Valley Parkway (west of PV Mall) 480-996-5400

Sportsman's Warehouse

19205 North. 27th Ave (I17 & Yorkshire), Phoenix, AZ 85027
Telephone 623-516-1400 (other locations)

Arizona Hiking Shack

11649 N. Cave Creek Rd (1/4 mile south of Cactus) 602-944-7723

Sport Chalet

2501 W Happy Valley Rd (I17 and Happy Valley Road)
Phoenix, AZ 85027 (other locations)

Cabela's

9380 W Glendale, AZ 85305 (Loop 101 and Glendale Road)
623-872-6700