

Troop 71 Summer Mountain Pack List

- **General:**
 - Backpack, internal or external frame, with well-padded hip belt that fits well.
 - Day pack (small book-bag type to stuff in main pack for summit day trips)
 - Synthetic sleeping bag good to 30 degrees in watertight stuff sack or double heavy garbage bags
 - Sleeping pad (closed cell or Thermarest)
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- **Wear:** (or pack for easy access): (Vary depending on weather forecast)
 - Loose short pants or nylon bathing suit
 - Short sleeved shirt
 - Properly fitting hiking boots
 - Wool, poly or fleece socks (yes, even in summer)
 - Wind-breaker/rain jacket with hood
 - Wind-or rain pants or long pants for hiking above tree-line
 - Gloves or mittens and wool hat (above tree-line)
 - Hat for sun protection
 - Sunglasses with Ultra-Violet blocking lenses
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- **Personal gear and extra clothing:** (Pack in dry bags or ziplock baggies to keep dry)
 - Trail snacks (high carbohydrate, low protein in a form convenient for eating while hiking)
 - Toilet Kit (Ivory soap, toothpaste/brush, comb, deodorant)
 - Toilet paper, white, no perfume, partial roll with cardboard tube removed, in zip-lock bag
 - 2 water bottles, 1 liter each
 - Socks, 2 extra pair, poly or wool (cotton won't dry out if it gets wet)
 - Long john tops and bottoms (Poly-propylene)
 - Wool sweater or heavyweight poly fleece sweater/sweatshirt

(NOT cotton)

- Map and Compass
- mess kit (knife, fork, spoon, bowl, plate, and mug)
- Pocket knife (If you have a Totin' Chip)
- Trash bags, large and small, 4 or more (various uses)
- Small (AA) flashlight with spare batteries and bulb
- Fire starting kit with matches in waterproof container
- Daily/emergency medications as needed
- First aid kit (very small basic type)
- Sun screen and UV-blocking lip balm (the higher the SPF the better)
- Insect repellent
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- **Optional:**
 - Survival /repair kit
 - Spare long pants/shirt if desired (cotton, but poly is better)
 - Small camera with film and batteries
 - Harmonica or other small musical instrument
 - Small towel (chamois towel is excellent)
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- **Group Gear:** (Leaders will assign gear to individual packs - please leave room)
 - Cooking pots/utensils
 - Tent with plastic ground-cloth and vestibule
 - Dining fly with nylon cord
 - Backpacking stoves with spare fuel bottles
 - Biodegradable dish soap (Camp Suds)
 - Nylon scrubbies (soap-less)
 - Food & snacks, meals pre-measured/packed - Allow extra
 - First aid kit, group type, pre-loaded for type of trip
 - Weather instruments
 - Water filter pumps

WATCH YOUR PACK WEIGHT! DON'T BRING ANYTHING YOU DON'T NEED.

Limit pack weight including group gear and food to 1/3 of your body weight, maximum.

ALSO REMEMBER: It can snow above tree line in the Presidential Range even in August!