

Backpacking Equipment Planner

Backpack
Tent
Stove and fuel
Matches
Cooking pot
Food
Toothbrush paste
Toilet paper
Flashlight Headlight
First Aid Kit
Boots
Underwear thermals
Wool Shirts & Pants
Outerwear: Fleece or Down
Wool Fleece Hat

sleeping bag
sleeping pad
water bottles
water purifier /Filter
plastic bowls fork spoon
Coffee tea tang
Pocket Knife
Maps Compass GPS
Cell Phones Phone numbers
Plastic bags Water Jug
Wool Socks
Coolmax Tees & Pants
Rain Jacket, Rain Pants
Crampons, Snowshoes
Insulated Gloves

Other items

Sunglasses
Insect repellent
Hiking Shorts
Glasses
Whistle
Safety Pins

Sunscreen
Biodegradable soap
Camera & Film
Bear Bag
Rope, Nylon Cord
Shorts

Special Considerations

Medications
Condiments
Camp Shoes
Camp Chair
Weather Radio

Disposable razors
Contact lens Solutions
Bandana & Towel
Aluminum Foil
Ear Plugs

Backpacking Packing Fundamentals

Your pack should weigh no more than 25 percent of your body weight. Your pack should allow for four pounds of patrol gear. This is do-able as long as you select the right gear and don't bring more than you need. Example: If you weigh 100lbs, your pack should weigh no more than 25 lbs, including 4 lbs for patrol gear. Therefore, your pack **before patrol gear** is added should weigh no more than 21 lbs.

How to save weight:

Watch the ounces, and pounds will take care of themselves. Examples:

Light weight	Heavy weight
Flashlight power by 2 AA Batteries	Flashlight powered by 2 D batteries: 20oz.
Stainless steel mess kit with just what you need: pot pan (double use as either plate or pot lid). Plastic up: 23oz	Complete mess kit: small pot ,small bowl, lid: 18 oz. + 23 oz. = 41 oz.
Toothpaste travel size tube: 1oz.	Toothpaste large tube: 8 oz.
Deodorant Travel size:0.5 oz.	Regular size: 3 oz.
Wind pants 7oz.	Jeans: 16oz.
Small bottle of hand soap: 1.5oz	Bottle of hand soap from store 8 oz.

Total weight saved: 15 oz. + 18 + 7 + 2.5 + 6.5 + = 9 =58 oz. Or 3.6 pounds

This is an actual list of the items you'll need and the approximate weight.

	Pounds	ounces
Backpack	5	0
Sleeping bag	4	0
Mattress pad	2	0
Patrol gear	4	0
Full water bottle	1	6
Flashlight		4
First aid Kit		9
2 extra AA batteries		2
Trail mix		6
Compass Matches Paper Pencil Whistle fire starter		4
Poncho		12
Pocketknife		3
Mess Kit (pot pan cup)	1	7
Fork Spoon (heavy plastic)		1
Toothpaste Tooth brush Liquid hand soap deodorant (small sizes)		4
Rope (50 ft. 3x16)		4
Half Roll Toilet Paper		4
Extra Socks		5
Long Underwear		12
Wind pants		5
Hat and Gloves		6
Total	17	93
Total pounds 22.8 lbs including Patrol gear		