

Troop 603 backpack list

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

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

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.)