

# Minimum Equipment for Weekend Hikes

- One breakfast on top of pack for Saturday morning.
- Three meals in pack - one noon, one evening and one breakfast.
- One half to one gallon of water - this can be in 2 liter soft drink bottle or 1/2 gallon plastic milk jug **with screw-on lid**.
- Pocket knife, large unbreakable cup and a spoon.
- Flashlight with new batteries and extra fresh batteries.
- Three garbage bags, ground cloth and a poncho.
- Sleeping bag in a plastic bag, in a stuff sack.
- Ten feet of 1/8" nylon cord.
- Toothbrush, small towel, small bar of biodegradable soap and 2 or 3 sheets of moleskin.
- Waterproof matches, back pack stove and fuel (first year Scouts do not need to bring this). The stoves will be shared.
- Two extra pairs of socks, one extra pair of pants, and shirt, light windbreaker jacket, hooded sweatshirt, insulated long underwear, stocking cap and light gloves. Be prepared for all kinds of weather conditions.
- If pack weight is too heavy for body weight, some items (tent, water, etc.) may be shared with other Scouts.
- One complete change of clothes in Red Troop Bag to be left in vehicle with Scout shirt for end of hike.
- Suggestions for light prepacked meals:
  - Mug-a-lunch (dinner)
  - Cup-O-Soup (dinner)
  - Oatmeal
  - Granola Bars
  - Tang
  - Hot chocolate mix
  - instant Gatorade
  - Prepared backpacking food is *more expensive*
- Suggestions for snack food:
  - Nuts
  - Raisins
  - Beef sticks
  - Dried fruit
  - **NO CANDY!!!**
- Both breakfast and supper should be hot dish meals. Lunch should not require cooking!