

Please limit total weight of gear carried to 25 pounds including 3 Litres of Water (6.6 lbs) Each year we find young women unprepared for the strenuous conditions of backpacking. Prepare early, follow this list, and keep the weight of what you carry under 25 lbs and you will have a more enjoyable experience in the great outdoors.

If you don't have the gear needed check with your ward scout leaders or look at renting the gear.

CLOTHING (pack in zip-loc bags for waterproofing)		Weight
1 hat with brim	wide-brimmed hat	
1 hiking shirt	short sleeve non-cotton shirt	
1 hiking pants	non cotton	
2 hiking socks	lightweight Merino wool or Coolmax trail running socks	
2 underwear		
1 tennis shoes		
1 hiking shoes	whatever will support you while carrying a pack and hiking in the wilderness	

OTHER ITEMS WORN OR CARRIED		
1 bandana	cotton	
1 eye glasses	if needed	
1 sun glasses	sun glasses and case	
1 hiking pole (optional)	adjustable poles with duct tape wrapped on	

OTHER CLOTHING		
1 insulation layer	wool shirt or fleece jacket	
1 rain/wind suit	jacket and pants	
1 warm hat	wool or fleece beanie	
1 pair of light gloves	fleece / synthetic	
1 pajamas	fleece	
1 sleep sock	warm socks	

SLEEP SYSTEMS		
1 2-3 person tent	to be shared with 2-3 people depending on tent size, lightweight tent with floor. Must be waterproofed and	
8 tent stakes	lightweight aluminum	
1 sleeping bag	goose down or synthetic only (-0 degrees rating) pack in garbage bag	
1 sleeping pad	recommend thick inflatable sleeping pad (1-1/2" min)	

PACKING		
1 backpack	lightweight if possible just the size to fit your gear	
1 pack cover	waterproofing, you can use a heavy duty trash bag	

COOKING AND WATER		
1 utensil	spoon	
1 dish	plastic or other 16 oz. size container,	
1 cup	plastic 8-12 oz cup able to take boiling water	
2 water bottles	1.5 liter per bottle (standard disposable water bottles like Desani, Aquafine, etc.)	

OTHER ESSENTIALS		
1 light	headlamp or small flash light	
1 hand sanitizer	2 oz bottle for pre-cooking/eating and post-bathroom	
1 toilet paper	non-scented toilet paper camping roll found at WalMart	
1 tooth brush	tooth brush and (salt with soda) - do not bring toothpaste since bears love it	
1 lip balm	SPF 15 or higher, unscented	
1 first aid kit	bring a very small first aid kit	
1 medications	don't forget to bring any medications you are taking	
1 personal hygiene	Bring 10 wet wipes in a ziplock bag	

CONSUMABLES		
Breakfast, Lunches, Snacks	Hikers need to provide food for one breakfast and two lunches and 3 snacks (should not exceed 2-1/2 lbs of food that is at least 100 calories per oz = 4000 calories). For conversion 1 oz = 28 grams, 16 oz = 1 lb	
Dinners	Stake will provide the dinner meal. However, this dehydrated food will be distributed out to each young	

a) Look for food that is at least 100 calories per ounce.

b) Breakfast ideas: Oatmeal with brown sugar, bagels or tortillas with jam or peanut butter or nuttella. Ramen noodles (yeah sometimes your body needs the

c) Lunch ideas: Salami, Pepperoni, pre-cooked bacon, Lances assorted crackers, nuts, dehydrated meals,

d) Snacks: Nuts, candy bars, apples, oranges, protein bars, short bread, etc

The FOLLOWING GEAR WILL BE BROUGHT BY THE STAKE AND DISTRIBUTED OUT THE MORNING OF THE HIKE - PLAN ON ADDING 1 MORE POUND TO YOUR PACK

3 CREWS OF 6-8 PEOPLE SHARED GEAR (To Be Worked Out by the Stake)		
3 stove and windscreen	butane or white gas	
3 fuel		
3 cookpot	lightweight aluminum or titanium, 4-6 quart	
3 guylines	100 feet nylon rope 1/8 inch or less	
3 dining fly	10' x10' lightweight tarp	
3 first aid kit	expedition size kit with common medications	
3 cooking utensils	spoon and spatula	
4 bear bags and rope		
3 sunscreen	SPF 30 or higher	
3 insect repellent	Deet based	
3 sewing kit	small	
3 tent repair kit	minimal	
3 dish soap	biodegradable	
3 scrub pads	small	
3 shovel		

