

4TH SQUAMISH SEA SCOUTS
Light weight back pack gear list

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This just a guide line, if you feel you need more or less of something go ahead but **consider weight**
We need room in your pack to add some of the group gear (tents, stoves and fuel)

	Back pack with padded hip belt 40-50 litre size is probably best for young scouts
	Sleeping bag - packed in dry bag or plastic bag on top of stuff sack
	Insulated sleep pad
	Touque to keep warm when sleeping
	PJ's/thermals
	Hiking boots/hiking shoes with good soles
	Waterproof rain gear with hood
	2 pairs of light weight hiking Pants (wear 1 pair and pack the other) no cotton/jeans
	Swim suit (optional!)
	2 T-shirts (wear 1 and pack the other) pref not cotton
	1 pair of socks and underwear
	Light sweater/fleece hoody
	Hat - maybe rain or sun depending on time of year and weather forcast
	Basic locking blade pocket knife (only to be used after training and certification)
	Water bottle
	spoon/fork - plastic so not to scratch teflon pan
	Headlight
	Plastic mug
	Plastic plate
	Tooth brush and tooth paste, wash cloth
	Small quantity of insect repellent
	Small bottle of hand sanitizer
	Toilet paper/moist wipes as preferred for wilderness washroom facilities!

This is meant to be a light weight back pack trip. A good rule of thumb is that your pack should not exceed your body weight.

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