

Clothing and equipment list - Lost Coast Backpacking

		Estimated Weight	
		lbs	oz
10 essentials (in fanny pack or day pack)			
Pocket Knife			8
Matches in water proof container/fire starter			6
Compass & Map			6
First aid kit (with moleskin)			8
Flashlight (small) with extra batteries/bulbs			8
Whistle/mirror (CD)			3
Water two 1 quart or 1 liter bottles		4	
Emergency food			12
Extra clothes - based on weather and area		2	
Rain gear (poncho)/shelter			6
Clothing			
Pair of hiking boots			wear
Pair of sneakers or camp shoes	optional	2	
3 pair socks-polypropylene (wear one)			wear 12
2 pair liner socks (wear one)			wear 4
Long pants, shorts		2	wear
2 inner layers (t-shirts)		1	
2 outer layers (pile shirt, sweater)		1	wear
Shell (jacket or parka)		3	
Wool or pile gloves			8
Hat, bandana			8
Underwear, long underwear			8
Shelter & Sleeping			
Tent (should be shared)		8	
Ground cloth for tent		1	
Sleeping bag (15-20 degrees F)		6	
Sleeping bag stuff sack			12
Foam pad			8
Cooking and Food			
Mess kit (bowl, cup, spoon)			8
Bottle of water purification tablets	Troop provides		8
Trail food and/or extra snacks		1	
Liquid soap and pot scrubber	Troop provides		
Spices (salt & pepper)	optional		
Food for each meal - pack in zip lock bags			
2.5 gallon water bag	Troop provides		
Tin foil	optional		
Pots	Troop provides		
Cooking stove, fuel	Troop provides		
Trash/Extra Bags			
2 large black bags - spare			2
2 large freezer bags - spare			2
2 small freezer bags - spare			2
2 13 gallon bags for you trash plus twist ties			2
1 13 gallon bag for toilet paper			1
2 large freezer bags for your toilet paper			2
Stuff sack - to put you "bear" bag stuff in			2
Miscellaneous			
Sun screen, lip balm			
Insect repellent			2
Towel			6
Liquid soap, toothbrush, tooth paste, comb			8
Frame back pack		4	
Duct tape	optional		
Waterproof cover for back pack or duffel bag			3
50-100 ft parachute cord			4
Trowel, Toilet paper			6
Note pad and pen	optional		
Camera/film	optional		
		35	175
Estimated weight		45.94 POUNDS	

Plus weight of food, bear canister, and assigned troop equipment.

Share a tent -- each person can carry half the weight!