

## Pack List for Overnight/Multi-day – Semi Lightweight

	<b>Items to wear:</b>
	Pants (no cotton if possible)
	Wool blend socks
	Hiking/Running Shoes
	Long sleeve shirt
	<b>Hiking Essentials Kit (pack as a kit):</b>
	<b>Navigation</b> (map and compass)
	<b>Sun protection</b> (lip balm, sunscreen [small amount] sunglasses)
	<b>Insulation</b> Poncho or Rain suit (see jacket and pants)
	<b>Illumination</b> (flashlight/headlamp)
	<b>First Aid</b> , Kit (4 oz max)
	<b>Fire</b> (fire-starter and matches)
	<b>Repair</b> kit and tools (including knife, Small)
	<b>Nutrition</b> (see extra food)
	<b>Hydration</b> (extra water, 1 liter max) and purification tablets (lightweight)
	<b>Emergency shelter</b> (troop tent?)
	<b>Whistle</b>
	Toilet paper (very little)
	Garbage bag- large
	Duct tape (2 ft max)
	<b>What to Pack:</b>
	Sleeping bag (plastic line stuff sack)
	Sleeping pad- open or closed cell
	Ground sheet- if cowboy camping
	Water bottle- full! (1 liter, max) see hydration above

	<b>Kitchen:</b>
	Freezer bag Cozie
	Cup & spoon (minimal)
	Biodegradable soap (small amount)
	<b>Personal:</b>
	Toothbrush & Toothpaste (small)
	Small Towel (very small)
	Lightweight Trowel (dig cat hole) or use stick/tent stake
	<b>Medicines</b> <b>(Do not leave home any Prescriptions!) This is not a time to try and go without!</b>
	<b>Clothing: (packed clothing) Lightweight!!!!</b>
	<b>Base Layer (lightweight)</b>
	Long underwear tops and bottoms in light or midweight. NO COTTON
	Wool or Wool blend socks (one extra pair only)
	<b>Insulating Layer (lightweight)</b>
	Extra Shirt (no cotton if possible)
	Down or Fleece sweater or Sweatshirt (no cotton)
	Wind shirt (6 oz +/-)
	<b>Protective Layer (lightweight)</b>
	Shell Jacket (rain)
	Wool/ Polar-fleece mittens/gloves
	Fleece or Wool hat
	<b>Bandana (yes, it has many uses)</b>

	<b>Misc.: (Optional)</b>
	<b>Remember to keep weight down!!!</b>
	Fishing rod and reel w/ lures
	Hiking poles or Staff
	Baseball cap- nylon or lightweight
	Swimsuit (lightweight- quick-dry)
	Camera (lightweight- small)
	<u>Small</u> Scriptures or copy of pages you are reading (very lightweight!!)
	Gaitors (optional)
	<b>Food</b>
	Snack food- trail mix, candy, (minimal if any, please!)
	Dinner -
	Breakfast
	Lunch
	<b>Troop Stuff</b>
	Water filter/purifier (troop)
	Tent or Tarp (troop)
	Stove and fuel (troop)