

# Zaleski Backpacking Gear Checklist:

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## **Clothing – Synthetic (not cotton, no jeans)**

- Rain Gear- jacket and pants
- Long underwear (depending on temp forecast)
- Long sleeve shirt
- Fleece layer
- Outer synthetic jacket
- Short sleeve shirt
- Long pants (zip offs best)
- Synthetic-wicking underwear
- Hiking boots
- Socks- wool plus liner
- Warm hat
- Gloves
- Baseball cap/wide brim hat
- Lightweight camp shoes

## **Backpack**

- Internal or external frame pack
- Rain cover for pack, or plastic bags inside pack.

## **Water**

- Philmont crew should practice carrying 5 liters. Recommend 3 liter water bladder and two 1 liter water bottles.
- Backpacker lite and Day hikers should carry 2 – 3 liters of water.

## **Sleeping Gear- packed at the bottom of the backpack**

- 20 degree sleeping bag packed in a waterproof plastic or stuff sack.
- Sleeping pad

## **Cooking/Eating gear**

- Long spoon
- Trail food/snacks in a Ziploc bag. To be carried in pocket and eaten on the trail.
- Cup is optional- most drink out of water bottle

## **Personal Items & Gear**

- First Aid kit
- Sunscreen (non aerosol)
- Insect repellent (non aerosol)
- Toilet paper in a Ziploc bag
- Toothbrush and toothpaste
- Whistle
- Headlamp flashlight

- Compass
- Camp Towel (small towel)
- Sunglasses
- Pocket Knife
- Matches & fire starter

**Crew gear provided by Troop or Crew leadership:**

- Tents
- Backpacking Stove
- Food (grub master)- rehydrated and cooked in bags with hot water
- Bear bag gear
- Water purification

**Important Preparation Notes:**

- ✓ Plan ahead. Recommend packing 2-3 days prior to departure. Always double check gear. Backpacking doesn't allow for running back to get missing gear. Adults aren't going to be carrying extra sleeping bags and clothing.
- ✓ Clothes should be packed in something waterproof- either plastic bags/Ziploc, or waterproof compression sack.
- ✓ Keep "smellables" together... toothpaste, insect repellent, soap, etc.
- ✓ As much gear as possible should be packed inside of backpack. It is ok to strap the pad to the outside of the pack, but limit everything else.
- ✓ Sleeping bag must be in a waterproof bag, packed in the bottom compartment of the pack.
- ✓ Heavy items should be packed in the middle of the pack, close to the body/back.
- ✓ Rain gear should be packed for easy access. Ideally packed where the backpack doesn't need to be fully opened up.
- ✓ Apply water proofing to boots and older gear.
- ✓ Leave room for crew gear- food, tent, etc.
- ✓ A fully loaded pack typically weighs between 35-45 pounds (including water and crew gear). Philmont packs will be between 40-48 pounds.