

# **2010 Kansas 4-H Venturers Backpackers --- Personal Equipment List**

## **Packing**

- \* Pack with padded hip strap — minimum 3,500 cubic inches
- \* Pack cover — waterproof nylon or large plastic bags
- \* 6-12 plastic bags — assorted sizes

## **Sleeping**

- \* Sleeping bag (rated to 10-20 degrees, lightweight) in waterproof bag
- \* Sleep clothes — worn only in sleeping bag
- \* Straps to hold sleeping bag onto pack
- \* Foam or Thermarest sleeping pad

## **Wearing (packed in zip-top plastic bags)**

- \* Hiking boots — well broken in, waterproof(ed)
- \* Lightweight sneakers or tennis shoes for camp
- \* 2 pair heavy wool/wool blend socks
- \* 2 pair lighter inner socks
- \* 2 changes of underwear
- \* 2 t-shirts (no cotton) — you will get a quick-dry poly shirt to wear on the trail
- \* 2 pairs of hiking shorts
- \* 1 long-sleeve shirt — wool or synthetic
- \* 1 pair long underwear — polypropylene
- \* 1 sweater — wool or synthetic fleece
- \* 1 hat or cap, flexible with brim
- \* 1 sturdy rain suit or poncho (absolutely necessary)
- \* 1 pair rain pants or quick dry long pants
- \* 1 lightweight jacket/windbreaker
- \* 1 pair gloves — wool or fleece

## **Eating**

- \* Deep bowl or plate (small)
- \* Drinking cup (hot liquids)
- \* Spoon
- \* 2 1-quart Nalgene water bottles (A)

## **Personal and Miscellaneous**

- \* Small pocket knife (A)
- \* Matches or lighter (BB)
- \* Flashlight (small with extra batteries)
- \* Compass — liquid filled
- \* Sunglasses
- \* Sun screen (BB) (S)

- \* Small towel or bandana
- \* Lip balm (BB)
- \* Toothbrush (BB)
- \* Toothpaste (BB) (S)
- \* Biodegradable soap in leak proof container (BB) (S)
- \* Comb/brush
- \* Moleskin or Molefoam
- \* Insect Repellent (BB) (S)

### **Optional**

- \* Belt
- \* Band-aids
- \* Camera (BB)
- \* Watch
- \* Rubber bands
- \* Foot powder (BB)
- \* Note pad and Pen
- \* Wet Wipes

### **Code**

- (BB) Packed together in plastic bag to be placed in bear bag at night
- (A) Easily accessible in pack or carried on person
- (S) Shared with tent mate

### **Clothing En Route**

You will need changes of clothing for the days we are not in the backcountry. Use a very small duffle bag for these items. No hair dryers or curling irons (one will be provided by female adult advisor). Space is limited.