

## Fire Island Backpacking Trip / Dec 10 & 11

### \*\*\* Special Packing List \*\*\*

#### Primary

- Backpack (internal or external frame)
- Sleeping bag (rated 20 degree or below)
- Sleeping pad
- Tent (4 season or borrow from troop)
- Ground Tarp for under tent
- Extra long tent stakes

**Important Note:** Every item on this list must fit into, be strapped to your backpacking frame or be worn on your body. Your hands should be free during the hike in and out of the campsite.

#### Clothes (synthetic materials, no cotton – think layers! )

1. Saturday morning and afternoon - go with layers for hike-in and for work project (cutting down pine trees)
  - Base layer – Under Armour or other synthetic layer to wisk away perspiration
  - Mid Layer – fleece top
  - Outer Layer - nylon shell jacket on top for wind or rain protection; similar layer for legs but could be snow pants depending on weather forecast
  - Boots – good winter hiking boots (no sneakers or low ankle footwear)
  - Sox – wool or synthetic – no cotton
  - Glove – warm but flexible
  - Hat – not too heavy to cause perspiration as you work
2. Saturday late afternoon into evening – may need to change clothes after work project
  - Choose clothes similar to above, but add a winter coat to stay warm since you will be less active
  - Scarf and Hat (heavy)
3. Night
  - Sleep clothes (it's an absolute necessity to change clothes before getting into your sleeping bag)

#### Food

- Saturday breakfast – eat before, during car trip or at the parking lot
- Saturday lunch – drink and a sandwich, fruit (apple, banana, etc.)
- Saturday dinner – backpacking/dehydrated meal (add hot water) \* *Buy @ Dicks, Walmart, etc*
- Sunday breakfast – Pop-Tart or similar
- Small juice box and snack for afternoon (energy bar) and evening (optional)
- Water for drinking and cooking dinner
- LNT – small trash bag for your paper/plastic waste

#### Equipment

- WhisperLite or similar backpacking stove with fuel (note: troop will also bring 4)
- Flashlight & Headlight (start w/ new batteries or bring extras)
- Fork or Spoon (leave mess kit home)
- Small survival kit (knife, lighter, compass, first aid, etc)
- Hand / Toe warmers
- General personal items (include: small roll of toilet paper)

There are NO campfires allowed in the FINS Wilderness Area. There will be no opportunity to stay by the fire for warmth or to dry out any wet clothes – Be Prepared

*I have read the packing list and agree to be prepared for the trip:*

\_\_\_\_\_  
Scout's Signature

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Parent's signature