

Miler Packing List

- Backpack with hip belt
- 2 large trash bags (for rain protection) or pack cover
- Sleeping bag packed in plastic bag
- Sleeping pad (closed cell)
- Boots BROKEN IN

Clothing: includes what you wear

- 2 - 3 wool socks
- 2 - 3 liner socks
- or 3 pair acrylic socks
- Warm Hat
- Sun hat with visor
- 1 pair long zip off pants
- 1 pair lightweight rain pants
- 1 pair nylon shorts
- Synthetic thermals
- 3 sets underwear (undies and sports bra)
- 2 teeshirts, synthetic or less than 50% cotton
- Wool shirt (or fleece)
- Windbreaker (nylon - light!)
- Swim suit (or wear sports bra and shorts)
- Rain poncho
- Aqua sox (closed-toe water shoes)

Food and Cooking Gear

- 2 water bottles - 1 quart each (must be leak proof, such as Nalgene™)
- Spoon & 2 cups
- Pocket knife
- Nylon stuff sack for bear bagging food
- Two 13 gal. bags for carrying out garbage and (optional but highly recommended) mesh bag for carrying trash bag

Other Personal Gear

- Comb or brush; Hair ties
- Toothbrush
- Small pack towel
- Toilet paper: 2 medium rolls in zip-top bags
- T.P. disposal kit (1 gallon zip, 2 quart zip, 6-8 small zip)
- Sanitary supplies (BIG has disposal bags)
- Glasses/case, retainers/case, spare contacts/solution
- First aid kit (Moleskin, bandaids, lip balm)
- Personal medicine (in pharmacy container)
- Compass
- Whistle
- Sunglasses
- 50 ft. lightweight nylon line
- 3 bandannas (different colors)

- Small flashlight
- Extra batteries and bulb

Optional Personal Items

- Gloves or extra wool socks
- Fishing tackle & bait
- Deodorant (tiny!!!)
- Camera & film

Contraband ideas (6 oz.)

- Lightweight notebook + pen
- Deck of cards (only 1-2 girls need bring)
- A shared book (divide up the chapters)
- A pillow case

Patrol Equipment

- Shelter with poles and stakes**¹
- Ground cloth
- Billie kit (stove, pot grabber, 2 towels, scraper, soap, cooking oil, lighter, scouring pad)**
- Spatula, Serving Spoon (per patrol)
- Frying pan (one per outing)**
- Food**
- Fuel (2 cans per patrol + 1 extra)**
- Waterproof matches (10-adults carry)
- Bear Canister (only some carry)**
- Buckets (2 per trip); scoop cup; soap**
- Sun screen (SPF 30)**
- Iodine**
- Bug repellent**
- Biodegradable shampoo**
- 2 shovels for biffy (boys and girls)**
- Toothpaste
- Emergency Repair Kit (rubber bands, clothes pins, shoe laces, large safety pins, needle & thread, duct tape)

Traveling Days

- Bag lunch (NO extra food!)
- Sack containing clothes and shoes to wear after shower; soap; shampoo; towel: stays in car.

TARGET WEIGHT FOR YOUR PACK, WITH FOOD AND TROOP GEAR, IS 20-27 LBS. Expect food and troop gear to add 12-15lbs. THINK LIGHT!!

¹ **These items will be provided by the troop. Other items should be brought by only one girl per patrol: decide at the pack inspection who will bring.