

Philmont – Backpacking List¹

Personal Items

Clothing^{2,3}

_____ 3 pair lightweight nylon hiking shorts with liners and 1 pair 50/50 cotton/synthetic blend underwear (or 3 pair gym shorts with 3 pairs 50/50 cotton/synthetic blend underwear)

_____ 3 very light T-shirts, light-colored (white or light gray preferred)

_____ 3 pair polypropylene sock liners

_____ 3 pair thick 50/50 wool/polyester socks

_____ 1 pair very light long pants, preferably with an "internal" belt

_____ 1 lightweight fleece type pullover (if prefer, can use lightweight long-sleeved nylon shirt or lightweight wool shirt; note that a fleece pajama top works well)

_____ 1 lightweight rain suit, waterproof and preferably breathable (avoid ponchos if at all possible)

_____ 1 waterproof bush-hat, or (at least) a wide-brim cap (can use a baseball cap, not as effective); mandatory if your rainsuit does not include a hood.

_____ 1 fleece head-band or lightweight knit pullover hat (for warmth, especially useful for sleeping)

_____ 2 bandanna's (to wipe sweat off while hiking; also for use as ultra-lightweight washcloths)

¹ From several sources, including Dr. Bob's list Troop 111 in Arlington VA, and Philmont Hints from Troop 801

² **Note:** all clothing should be lightweight and thin; for regular clothes, use synthetics or mixed cotton/synthetics (but no more than 50% cotton) except where indicated; when you have a choice, final decisions should always be based on weight; the lighter the better:

³ **Notes:** By current (2002) Philmont policy, 1 of your 3 sets of hiking clothes will be exclusively used as "night clothing" (inside tent use only). A 4th set may be advisable if prevailing weather conditions are very wet or very dry (i.e., if water restrictions are in effect, there's no clothes washing). Complete sets of hiking clothes should be combined and rolled to reduce bulk prior to being placed in plastic bags.

_____ 6 - 8 clear plastic bags (large Washington Post bags or equivalent) to store all clothing; can also be used for washing clothes)

Backpacking Gear:

_____ 1 heavy-duty pair of hiking boots (broken in on your feet!)

_____ A Large or X-Large size backpack, including a quality padded hip-belt, padded shoulder straps and (most importantly) adjusted to your current physical size. External frame packs are recommended for novices or beginners; experienced backpackers - your choice. External frame backpackers should use straps (not bungee cords) to attach items to their frames. Smaller trekkers should use about 4000 c.i. external frame packs/4500 c.i. internal frame packs. Add 500 c.i. for medium sized trekkers, and 1000 c.i. for large sized trekkers.

_____ Waterproof pack cover, Large or X-Large (XL preferred); if old, re-coat before Philmont

_____ Three 1-liter, wide-mouth water (Aqua Fina) bottles (or can use 3 standard 1 quart canteens)

Eating Gear:

_____ A plastic bowl (any soft-margarine type bowl, about 1 1/2 pint capacity, will do)

_____ A wide-mouth deep-dish type cup (1 pint, plastic, handles are nice to help avoid burns (If prefer, can just use two large wide-mouth cups and delete the bowl.)

_____ A heavy-duty plastic soup-spoon (Lexan or equivalent)

_____ A toothbrush (better to store with your eating gear, since that's when you'll use it most often)

Sleeping Gear:

_____ A sleeping bag, in a stuff-sack (Note: use a trash bag to line the stuff sack and provide absolute rain protection). Your sleeping bag should be rated to 20 - 30 degrees and should weigh no more than 4 pounds (3 pounds preferred). However, **DO NOT USE ULTRALIGHTS!**

_____ A "Backpacker's Pillow" or a small woolen stuff sack (to fill for a pillow)

_____ A 6 foot foam pad or an Ultralight Therm-a-Rest; a foam pad is much lighter, a Therm-a-Rest is significantly more comfortable; however, Therm-a-Rests also cost a lot more. Therm-a-Rests are recommended for Adults/large Scouts.

Personal Cleaning Gear:

_____ A large "backpacker's towel," or a medium, very thin bath towel (former preferred for weight)

_____ A disposable razor, new (optional)

_____ A lightweight comb (optional)

Optional (but highly recommended) Personal Gear:

_____ 1 super-light pair of sneakers as "camp shoes", in a plastic bag (use "marathon flats" or similar; Note: open-toed sandals ("Tevas", etc.) are NOT ALLOWED ON THE TRAIL.

_____ 1 - 2 pair(s) lightweight 50/50 cotton/polyester gym socks (Note: for use with sneakers only!)

_____ 1 set lightweight thermal underwear; needed only if you are susceptible to cold, or if you're going very early in the season, or otherwise if your trek has 4 or more campsites over about 9,000 feet elevation (especially if you have a sleeping bag rated over 40 degrees).

_____ A hiking stick or matched set of hiking sticks (very useful, especially for adults/larger Scouts)

_____ 15 ft of the lightest weight parachute cord (for clothes line); tie on a piece of yellow or blaze orange surveyor's tape to make visible; bring 8 - 12 mini binder clips as clothes pins. Note that clothes lines may NOT be tied to live trees or plants!

_____ 4 diaper pins (for pinning wet clothing to the backs of packs for drying while hiking; diaper pins are preferred over safety pins because they have safety locks and their bright plastic heads make them much easier to find if dropped (safety pins can be difficult to find if they're dropped into gray pine needles, and are dangerous (for years) if "open" when lost)

_____ 1 pair lightweight work gloves (possibly needed for the conservation project; also good for cold weather, or for hiking if your hiking sticks work up blisters on your hands)

_____ 1 lightweight daypack (very useful for side-hiking Baldy or the Tooth of Time, etc., also for storing "personal smellables"; not really needed if you have no scheduled sidehikes).

_____ A mosquito netting "head net" (recommended if you have multiple campsites near open water)

_____ Sunglasses (prescription if necessary), plastic, in a hard-shell case

_____ Micro-LED light (buy new just before Philmont); not needed if you have quality flashlights

_____ Personal supply of money for trading posts and cantinas (\$15 max necessary) NO COINS!

_____ 10 Post-card Stamps (post-cards are available for purchase at trading posts; stamps *may* also be available at trading posts, but no guarantees)