

Fifty Mile Hike Equipment List
Troop 119 Ventura County Council BSA

Clothing

- 2 pair undershorts
- 2 T-shirts
- 1 long sleeve shirt medium weight
- 2 pair long pants or loose jeans
- 1 visor or brimmed hat
- 1 rain parka or poncho
- 1 jacket (down)
- 1 set Frogg Toggs or Waterproof gear

Optional

- 1 pair gloves (Bob provides cotton)
- 1 stocking cap, watch cap or hood
- Carlisle bandage

Shoes and Socks

- 1 pair stout hiking boots
- 2 pair lightweight socks
- 2 pair heavy wool socks (in new condition)

Packing

- 1 Backpack Frame or Frameless
- 2 large trash bags for pack covers (Bob provides)
- 1 penlight or headlight
- 1 Bear canister

Protection from elements

- 1 pair sunglasses (optional)
- 1 Chapstick or lip-ice
- 1 insect repellent (Cutter recommended, no spray cans)
- 1 mosquito netting for head

Sleeping

- 1 sleeping bag, (down to 0 degree)
- 1 tent
- 1 sleeping pad
- 1 extra nylon line (40') with 4 clothes pins
- 1 ground pad
- 1 ground cloth

Eating

- 1 Sierra cup or equivalent
- 1 tablespoon, fork and knife
- 2 **wide mouth** 1-qt Nalgene water bottle
- 1 mess kit-type bowl (Rubbermaid container)
- Salt and pepper/spices/Tabasco etc.

Toiletries

- 2 dish towels
- 1 bar soap in plastic bag or box or Campsuds
- 1 roll toilet paper
- Waterproof matches

Personal First Aid Kit

- Moleskin
- 10 bandages, 3/4"
- Triangular bandage (Bob provides)
- Medical soap, soap pad or Combination Burn/First Aid cream
- Small box of gauze pads
- Small roll of adhesive tape

Optional Equipment

- 1 camera
- 1 pair hiking shorts
- 1 pair tennies or crocs
- 1 set fishing gear (go light)
- 1 fishing license, if required