

# Packing “Tips and Tricks” for Troop 74 Backpacking Outings

## *Key points to keep in mind...*

1. “Be Prepared”
  - Start packing 3 days before outing and plan ahead  
(Allows enough time to wash a dry any necessary clothing items, etc.)
2. Use a checklist (See 50 Miler Gear List)
  - First check when sorted into piles, second when put into framepack
3. Be sure to use a framepack that is properly sized for your torso length
  - Shoulder Syncher straps should be between 25 and 45 degrees
4. A properly packed framepack will balance upright on its own
5. Place heaviest items against back and at shoulder blade height.  
(This allows weight to center over hips, not behind them)
6. Arrange items across width of pack to minimize thickness away from spine
7. When possible, avoid attaching/hanging items external to pack  
(Could cause balance issue)
8. Pack sleeping bag & spare clothing items in a waterproof stuff sack

## *Packing Order (from bottom to top of Framepack):*

1. Sleeping Bag (in waterproof stuff sack)
2. Pillow Options:
  - a. Clothes sack (wrapped in sweater for padding)
  - b. Clothes sack (with additional foam padding)
  - c. Camp Pillow
  - d. Full size Pillow
3. Sleeping Pad Options
  - a. Self-inflating “Thermarest” pad
  - b. Closed-cell Foam pad
  - c. Tarp or ground cloth
4. Water Supply Options (Min. 2 quarts)
  - a. Camel pack or Hydrocell in built-in frame pack pouch
  - b. Multiple Quart Nalgene Bottles
  - c. Multiple Plastic Water Bottles
5. Tent Options
  - a. Ground tarp (if sleeping under the stars)
  - b. Complete tent with footprint/ground tarp in single stuff sack
  - c. Split into two equal weight/sized sacks
6. Clothes Bag
7. Camp shoe options:
  - a. Tennis shoes
  - b. Watershoes (Texas)
  - c. Crocs

## *Following Items could go inside main compartment or side compartments:*

8. Patrol Gear (Pots, Pans, Stoves, Fuel bottles, Utensil pouch, H<sub>2</sub>O filter pump etc.)
  - Pack near top to allow easy access on trail or arrival at camp

9. Trail Sack Lunch
10. Personal Toiletries Ditty Bag
11. Personal First Aid Kit
12. 50' Rope & Rock Bag (For bear bags, etc.)
13. Pack Cover options:
  - a. Purchased pack cover
  - b. 39 Gallon, 3 mil Contractors trash bag
14. Mess Kit
15. Quick-access Items:  
Compass, Topo Map, Knife, Glasses, Matches/Lighter, Flashlight/Headlamp, etc.
16. Optional Gear  
Binoculars, Camera, Fishing pole, Snacks, etc.
17. External wear/Cool weather clothes & items in framepack top cap  
Knit cap, extra layer, jacket/sweater, swimsuit, etc.

*Items attached/carried external to frame pack:*

18. Hiking pole(s)