

Spring Backpacking Weekend Gear List

Venture Crew 128

Below is a detailed list of items necessary for the Spring Venture Crew backpack trip to the Smokey Mountains:

1. Backpack with Hip Belt

- a. An internal frame pack with a minimum capacity of 65 liter/4000 cu in is recommended. Pack should have adjustments to allow for individual fitting and empty pack weight should be 80oz/5lbs or less.

2. Backpack Rain Cover

- a. Rain cover needs to be large enough to cover fully loaded pack and treated to repel water, 8oz or less.

3. Tent, Two or Three Person

- a. A lightweight 2 or 3 person tent is preferred. Tents should be in good repair and crew members will share tent with other youth members. Only adults sleep in one person tents. Youth tent weight should be 80oz/5lb or less.

4. Sleeping Bag

- a. A light weight 20-30 degree bag is recommended. Construction materials can be either synthetic or down, down will provide a significant reduction in weight verses the synthetic models. Strongly recommend bag weight of less than 48oz/3lbs.

5. Sleeping Pad or Air Mattress

- a. A simple foam pad at the least or insulated air mattress for adults is necessary to provide insulation and comfort. Ground may be cold and wet in early spring. Pad or mattress weight less than 30oz/1.8lbs.
- b. Air pillow, optional item.

6. Boots and Shoes

- a. A well broken in pair of waterproofed boots are recommended. Your boot weight should less than 60oz./3.8lbs. Breaking in a new pair of boots on the trail is a bad idea.
- b. Lightweight pair of gym shoes feels great at the end of a long hike

7. Personal Water Gear

- a. It is strongly encouraged each person carries four liters of personal water.
 - i. A three liter platypus which is stored inside the pack and the drinking tube is mounted off the shoulder pad.
 - ii. A one liter or 32 oz Nalgene bottle is used as surplus water and allows for measuring when cooking.

8. Rain Gear

- a. Rain Jacket and Rain Pants, no poncho
 - i. Both should be waterproof and made from breathable and lightweight materials.
 - ii. Both jacket and pants should weight together less than 32oz/2lb

9. Insulating Top Layer (Jacket)

- a. Lightweight synthetic or down hoodless jacket

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- i. Needs to provide insulating layer and should provide warmth down to 20/30° F
- ii. Jacket should not have a hood
- iii. Light weight materials should be 16oz/1lb or less in weight.

10. Personal Clothing (Shirt, Pants, Under Garments and Headwear)

- a. (2) T-Shirt, Synthetic Blend, 7.3oz or less
- b. (1) Hiking shirt Long Sleeve, synthetic material, 10oz or less
- c. (2) Hiking Pants, Zip Off Legs, synthetic material, 20oz or less
- d. (1) Long Underwear (Base Layer), synthetic material,
- e. (3) Sets Underwear, should be form fitting sports type, synthetic material, 6oz or less
- f. Sleeping Clothes, (these need to be separate from what you hiking in)
 - i. Tee Shirt and shorts or long underwear, (weather conditions depended) 16oz or less.
- g. (2) Pair hiking boot sock, heavy cushion bottom, should be either constructed of wool or synthetic blend, 4oz or less.
- h. (2) Pair thin liner socks, 1.5oz or less
- i. (1) Knit cap, good for cold evening,
- j. (1) Hat with brim, 8oz or less
- k. (1) Belt (Optional), 8oz or less

11. Miscellaneous Personal Items

- a. Folding bowl, fossil type easy to clean and store, 1oz
- b. Light my fire backpacking spork, .5oz
- c. Light weight Cup
- d. LED head lamp with new batteries
- e. Fabric dry bags, for cloth storage
- f. Personal first aid kit
- g. Tooth brush
- h. Mesh bag
- i. Camp towel
- j. Note pad and pen
- k. Bandanna and or Buff
- l. Plastic bags and zip locks bags
- m. Whistle
- n. Camera and case, optional item
- o. Compass, shared item
- p. Tooth paste, can be shared item
- q. Dental floss, can be shared item
- r. Bandanna and or Buff
- s. Foot powder, can be shared item

12. Sleeping Bag Liner

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- a. Optional accessory, light weight liners can add 10 degrees of comfort to a bag and reduce odor build-up on extended trips. Liner weight less than 8oz.

13. Trekking Poles

- a. Optional accessory, trekking poles a great for steadying on slippery surfaces and going up and down steep terrain.