

- Dr. Bob's Philmont Equipment List, Part II -

[2021 Update]

Personal Equipment List - Weight Listings for Equipment Shakedown

Name: _____

NOTE: This list duplicates the personal equipment on the "Complete List" through Page 3; that is, the items you are responsible for acquiring for the trip. The listed weights are from my own personal kit - *most* of which represent close to the minimum.

You should use this guide to keep track of your weights during the equipment check; again, the intent is to point out exactly where you can improve (i.e., reduce) your carry weight. Note that when a number of items are needed, except for the hiking clothes (first item), the listed weight is the combined weight of all items. For additional details on individual items, see the "Complete List;" this is a shorthand version without specifics. [NOTE: Weights based on Troop 111 Postal Scales; your scales may vary from ours!]

	Have?	Issues?
3 or 4 sets of hiking clothes, each with a pair of gym shorts, a T-shirt, a pair of underwear, a pair of hiking socks, and (optional) a pair sock liners (16-20 oz per set)	_____	_____
1 cloth wide-brim bush hat (4 oz) or baseball cap (2-3 oz)	_____	_____
1 pair long pants, with "internal" belt (12-16 oz)	_____	_____
1 fleece pullover or synthetic shirt (10-14 oz)	_____	_____
1 fleece head-band or knit pullover hat (1.5-2 oz)	_____	_____
1 waterproof, breathable rain suit (2.0-3.0 lbs)	_____	_____
1 pair of ultralight sneakers (12-24 oz)	_____	_____
1 - 2 pair gym socks (2-4 oz)	_____	_____
2 bandanna's (2 oz)	_____	_____
A sleeping bag, in a trash-bag lined stuff sack (3-4 lbs)	_____	_____
A "Backpacker's Pillow" (6-12 oz)*	_____	_____
[* Alternate: A woolen stuff sack (1 oz)]		
A 6-foot foam pad (12 oz)*	_____	_____
[* Alternate: An ultralight Therm-a-Rest (20 oz)]		
A boot garage plastic bag (less than 0.5 oz)	_____	_____
4 one-liter water bottles (9 oz) or canteens (16-20 oz)	_____	_____
A toothbrush (less than 0.5 oz)	_____	_____
A backpacker's towel (4 oz) or thin cloth (10 oz)	_____	_____
A disposable razor, new (negligible)	_____	_____
A comb (negligible)	_____	_____
A pair of hiking poles (varies)	_____	_____

1 pair of hiking boots (2.0-3.5 lbs)	_____	_____
A backpack (3.5-7 lbs; see comments below)	_____	_____
A waterproof pack cover (5-6 oz)	_____	_____
1 daypack (8-12 oz)	_____	_____
LED Headlamp (6 oz)	_____	_____
8 clear newspaper plastic bags (2 oz)	_____	_____
15 ft of parachute cord, with 8 binder clips (1.5 oz)	_____	_____
A waterproof bush hat (4 oz)	_____	_____
Gaiters (6 oz)	_____	_____

Optional (but recommended):

Foam pad square (6 oz) or camp-chair (1 pound)	_____	_____
1 pair thermal underwear (8 oz)	_____	_____
Sunglasses (2-4 oz)	_____	_____
1 pair hiking gloves (2-3 oz)	_____	_____
A mosquito head-net hat (2 oz)	_____	_____
Personal money (negligible)	_____	_____

Only If Needed:

Belt for long pants (1.5-2 oz)	_____	_____
Extra eyeglasses, in a hard case (2.5 oz)	_____	_____
If wear contacts, second pair, including a second set of washing solutions (varies)	_____	_____
Prescription medications, including a 2nd set (varies)	_____	_____

NOTES: Minus one full set of hiking clothes (which I'd be wearing), my boots (ditto), and hiking poles (which I'd be carrying), my external frame pack – canteens empty, no meds, no thermal underwear, 3 sets of hiking clothes in the pack, foam pad instead of a camp-chair – weighed 17.5 lbs for our 2017 trek. A medium sized Scout should be able to reach 15 pounds, while a large Scout or adult should be able to stay under 19 pounds, 20 for a really large Scout or adult. However, do not be “fooled” by the low total weight of all the above “personal” items, and start adding unnecessary items – you have not yet included water, food, and crew gear; this will more than double your “current” carry weight! Also note, **if your pack is already tight with just the above items in it, you need a much larger pack!**

Backpacks must include a quality padded hipbelt and padded shoulder straps, and (most importantly) must be adjusted to your current physical size. **External frame packs are recommended for beginners;** experienced trekkers - your choice. Use straps (not bungee cords) to attach items to packs. Recommended capacities for Sm, Med, and L/XL trekkers: Externals - 4000/5000/6000 c.i.; Internals - 70-80-90 L. Internals – Remember, You Must get the correct Torso Length! – Small, Medium, and Large for Internal Frame Packs refers to Torso Length, NOT/NOT/NOT to internal capacity!