*Ideally a backpacking group or cooking group consists of four (4) people.  This group can easily use one stove & one water filter.  A four-person dinner is also easy to assemble & cook with one stove.*

* Master Trip Plan – drivers/riders, schedule, gear lists, etc. (Trip Leader brings)
* Group Trip Plan – menu, hiking route if different from other groups, etc.
* Tents for every 2-3 people
* Stakes, poles & fly for each tent
* Trail Map
* Compass or GPS
* Backpacking Stove
* Extra Fuel
* 1 3-qt. cook pot & lid
* 1 2-qt. cook pot & lid
* [Backpacking Kitchen Box](https://docs.google.com/a/nashvilletroop3.com/document/d/1tQ21FSued06j0cBJFGBdPibDqQ--Zqk9RgwOIq5gAsA/edit) (click for contents)
* Recipes (should be included in meal food bags)
* Water Filter / Steripen
* Backup water purification (tablets)

**One of each is needed per TWO groups camping together:**

* Water Bag/ collapsible bucket
* Rain fly (carry an extra tent fly, if you don’t have a nylon tarp)
* Folding saw
* Trowel & toilet paper (in plastic bag)
* 30 ft. nylon cord (for clothesline)
* 50-foot rope & bear bag (depending on where you are camping)
* Firestarter

**Adult Leader should have a Repair Kit & First Aid Kit per group**

**Repair Kit:**

* Duct tape
* Rubber bands
* Needle & thread
* Safety pins
* Cord locks
* Superglue
* String
* Parachute cord
* Nylon patches
* Wire Ties

**First Aid Kit:**

* Band-aids
* Moleskin
* Gauze pads
* Medical tape
* Ace bandage
* Scissors
* Tweezers / tick removal key
* Vinyl gloves (non-latex)
* CPR barrier
* Triple antibiotic ointment (Neosporin)
* Pain & Fever Medication (Ibuprofen, Naproxen, Aspirin, etc.)
* Allergy Medication (Benadryl, Zyrtec, Claritin, etc.)
* Stomach Relief (Pepto-Bismol or Imodium AD)
* Anti-fungal cream
* Gold Bond powder