



Polar Bear Packing List



Recommended Equipment

Backpack with frame
Sleeping bag (winter in plastic/waterproof sack)
Extra blanket
Ground cloth
Foam pad
Pack cover / garbage bags

Winter jacket
Extra pants (wool if possible)
Rubberized winter boots
Gloves (2 pair)
Winter hat (2)
Poncho / rain gear

Sweatshirt / Sweater (2)
Long-sleeved shirt
Extra socks (2 - 3 pair)
Extra underwear (1 pair)
Long underwear
Sweat suit / pajamas for sleeping

Recommended Equipment

Cup / Bowl / Spoon
Coffee-cup style mug

First Aid kit w/ moleskin
Flashlight
Extra batteries
Pocket knife
2 1-quart water bottles

Napkin / paper towels to clean eating utensils

Sled / coaster
Toothbrush / toothpaste
Toilet paper
Advancement booklet
Medication
Pillow
Rope for clothes line
Bungee cords, pack straps, or rope

Polar Bear Food List

Mug-o-Lunch
Cup of Soup

Freeze-dried meals
Foil dinner (in ziplock bag)
Tuna Fish
Instant Potatoes
Chicken / ham spread
Rolls / bread / pita
Beef jerky / beef stick

Snackpack pudding or jello
Fresh / Dried fruit
Crackers & Cheese
Crackers & Peanut Butter
Snack-pack cereal
Pop Tarts
Breakfast Bars
Granola Bars
Instant Oatmeal
Peanuts / GORP
Hot chocolate / tea
Orange Juice

Tang / Wylers / Kool-aid
Drink boxes

Do Not Bring!

Radios / Walkman	Magazines	Sneakers	Gym bag
Hand warmers	Backpack stoves	Backpack fuel	Sheath knife

Pack all clothes in Ziploc waterproof bags! This is a sample food list, and not all of this food is required for the weekend. Only food that is immediately edible, can be cooked over a wood fire, or can be cooked using only hot water is suitable. Large canned goods are not appropriate for backpacking due to the excess weight. Multi-piece mess kits are not needed - only a cup, bowl, and spoon. Pack all food and water bottles in zip lock bags. Make sure your water bottles both are filled before you leave home! Each meal should be packed separately for ease in finding once we are at camp. The zip lock bag can then be used for packing out uneaten food and garbage from the meal.