



TRAIL LIFE USA TROOP TX-1333 Backpacking Packing List

Eagle Rock Loop, Ouachita National Forest

Pack weight matters on 27 miles of ridges - keep the sleeping bag under 3 lb if you can, and cut everything you won't use twice.

IN MY PACK AT THE TRAILHEAD

- ☐ Backpack, 40-75 liters, with rain cover
- ☐ Water: 2-3 L bladder plus 1 L Nalgene (3 L minimum total)
- ☐ Duct tape wrapped around the Nalgene (repairs)
- ☐ Sleeping bag in stuff sack (under 3 lb recommended)
- ☐ Insulated sleeping pad
- ☐ Rain shell or poncho
- ☐ One pair shorts and short-sleeved shirt
- ☐ Water shoes (required - two river crossings)
- ☐ Underwear and socks
- ☐ Two bandanas
- ☐ Toiletries: toothbrush/paste, TP, small towel, biodegradable soap, sunscreen
- ☐ Personal first aid supplies
- ☐ LED headlamp with fresh batteries
- ☐ Mess kit (cup, bowl, spoon/spork)
- ☐ Small Bible
- ☐ Hard candy (optional)

WORN AT THE TRAILHEAD

- ☐ Boots with ankle support and heavy socks
- ☐ Light long-sleeved shirt
- ☐ Long pants or rain pants; belt
- ☐ Wide-brimmed hat and sunglasses
- ☐ Lip balm and bug repellent
- ☐ Pocket knife, compass, lighter, whistle

EAGLE ROCK ADDITIONS

- ☐ Trekking poles (strongly recommended for the crossings)
- ☐ Dry-bag or trash-bag pack liner
- ☐ Camp shoes

SHARED PATROL GEAR (DIVIDED UP)

- ☐ Tents
- ☐ Fuel canisters (4 or 8 oz ISOPRO)
- ☐ Pots with lids and cooking utensils
- ☐ Repair and first aid boxes
- ☐ Water filters (supplied)
- ☐ No personal food unless cleared with the trip director