

BACKPACK EQUIPMENT CHECKLIST

Put Your Name On EVERYTHING!!!!!!

HAVE ALL ITEMS THAT MAY LEAK OR OOZE IN A ZIP LOCK BAGGIE.

*****Pack your clothes in plastic bags*****

- _____ Sleeping Bag with straps & in a stuff sack
- _____ Groundcloth & tent (share with buddy)
- _____ Pillow case (stuff with jacket for pillow)
- _____ Foam pad with straps
- _____ Bowl, Cup & spoon - must handle hot items
- _____ Rope - 10' to 20' long, 1/4" - 1/2" thick
- _____ Boots or sturdy shoes
- _____ Lightweight change of shoes (optional)
- _____ Warm Jacket (or sweatshirt with windbreaker)
- _____ Poncho
- _____ Warm beanie hat
- _____ Mittens
- _____ Lightweight sweatshirt
- _____ Hat for sun - light color
- _____ Clothes to ***SLEEP IN ONLY***:
 - _____ Heavy socks to sleep in
 - _____ Lightweight long johns
 - _____ Clean shirt
 - _____ Long Pants (use a pair of shorts w/zip on legs)
 - _____ Shorts - 1 pair (also use to swim in)
 - _____ Underwear
 - _____ Socks
 - _____ T-shirts (quick dry & light color)
- _____ Toiletries:
 - _____ Toothbrush
 - _____ Toothpaste (small)
 - _____ Toilet Paper & Trowel
 - _____ Kleenex

Have Handy in outside pockets or on person

- _____ Daypack (as lightweight as possible)
- _____ Map (provided by Troop/Crew)
- _____ Compass (Silva, liquid type w/ baseplate)
- _____ Flashlight w/ extra batteries (AA) - LIGHTWEIGHT
- _____ Sunglasses
- _____ Nalgene Water bottles - 2 - (1 quart each)
- _____ Waterproofed matches
- _____ Pocket Knife - Swiss Army knife type with tools
- _____ First Aid Kit:
 - _____ Band-Aids
 - _____ Ibuprofen for headaches
 - _____ TUMs or Roloids for stomach upset
 - _____ Moleskin
 - _____ Vaseline
- _____ Whistle
- _____ Bandana
- _____ Insect repellent **in small container**
- _____ Sun Screen **in a small container**
- _____ Lip Balm
- _____ Medication
- _____ Trail Snacks
- _____ Fishing License (16 yrs & older) & fishing rod
- _____ Fishing tackle, stringer & knife
- _____ Clothespins (4)
- _____ Camera (lightweight)

- _____ Sack lunch/dinner for _____
- _____ Spending money - \$_____ (optional)

******Have everything securely STRAPPED to the Pack***

******NO Bungie Cords!!***

- Do not hike in scout uniform
- Do not hike in scout socks
- Do not bring your scout handbook