

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" thick
- _____ Boots or sturdy shoes
- _____ Lightweight change of shoes (optional)
- _____ Warm Jacket (or sweatshirt with windbreaker)
- _____ Poncho
- _____ Warm beanie hat
- _____ Lightweight sweatshirt
- _____ Hat for sun - light color
- _____ Clothes to ***SLEEP IN ONLY***:
 - _____ socks to sleep in - 1 pair
 - _____ Lightweight long johns
 - _____ Clean shirt - 1
 - _____ Long Pants - use zip on legs from shorts
 - _____ Shorts - 2 (quick dry) includes 1 for pants
 - _____ Underwear - 3
 - _____ Socks - 3 pair
 - _____ T-shirts - 3 quick dry & light color
 - _____ Swimming trunks - don't bring - use 1 of shorts
- _____ Toiletries:
 - _____ Toothbrush
 - _____ Toothpaste (small)
 - _____ Toilet Paper & Trowel
 - _____ Kleenex
 - _____ Camera (optional)
- _____ Permission Slip
- _____ Sack Lunch
- _____ Spending money - \$35 for stops on the way up and the way back

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 - (32 ounces each)
- _____ Waterproofed matches
- _____ Pocket Knife - Swiss Army knife type with tools
- _____ First Aid Kit:
 - _____ Band-Aids
 - _____ Ibuprofen for headaches
 - _____ TUMs or Rolaids for stomach upset
 - _____ Moleskin
 - _____ Vaseline
- _____ Whistle
- _____ Bandana
- _____ Insect repellent in small container (no aerosol)
- _____ Sun Screen in a small container
- _____ Lip Balm
- _____ Medication
- _____ Needles, thread, buttons
- _____ Trail Snacks
- _____ Fishing License (16 yrs & older) & Fishing rod
- _____ Fishing tackle, stringer & knife
- _____ Clothespins (4)
- _____ Stuff sack for bear bag (can use sleeping bag bag)
- _____ Trash bag or pack cover to cover pack

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

******NO Bungee Cords or ropes!!***