

# 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 Roloids 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!!***