

Backpacking Checklist

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The 10+ Essentials

- Extra clothing layer(s)
- Map of area (in waterproof case)
- Drinking water
- Compass
- Food
- Headlamp and/or flashlight (with extra batteries/ bulbs)
- First-aid kit
- Sunglasses (with retaining strap optional)
- Pocket knife
- Sunscreen
- Matches (in waterproof container) and fire starter or Lighter
- Emergency Food (energy bars, hard candy, beef jerky, bouillon cubes, etc.)
- Emergency "Space blanket or bag"
- 2 Large Plastic Trash bags (33Gal)
- Plastic Poncho
- Signaling Device (5 in 1 combo whistle Preferred)
- Nylon Cord (25" Minimum)
- Insect Repellent
- Repair/sewing kit (Needle and Thread)
- Money (\$20 Minimum)
- Photo ID
- Camping/fire permits, if needed (Tour Leader)
- Wilderness Permits (Tour Leader)
- Trip Plan (left with a responsible friend)
- Class1-2 Medical Forms (Make sure its on file with Tour Leader)
- Notebook and pencil

Outerwear

- Rainwear (top/bottoms preferred) Poncho is Ok
- Fleece or wool gloves/mittens
- Wide-brimmed rain/sun hat
- Beanie (fleece or wool preferred)
- Bandanna

Footwear

- Hiking socks (NO COTTON or Cotton Poly Blend)
- Extra laces or Nylon Cord
- Wicking liner socks (thin nylon socks)
- Hiking boots/shoes (that match the terrain)

Hiking Clothing (NO COTTON Preferred / Items can be purchased at low cost from Wal-Mart or Target)

- Quick-drying pants/shorts
- Fleece jacket or wool sweater
- Short-sleeved shirts
- Wicking long underwear (top/bottoms)
- Long-sleeved shirts
- Regular underwear
- Warm pants (fleece or wool)
- Quick-drying swimsuit (Seasonal)
- Fleece, wool vest, or down vest as needed

Camping Gear

- Backpack (Internal Frame Preferred)
- Pack cover (Can use trash bags)
- Sleeping bag (in waterproof compression stuff sack)
- Sleeping pad
- Tent, tarp or bivy sack (Troop Set speak with SPL for more information)
- Tent broom
- Rainfly (Troop Set speak with SPL for more information)
- Tent stakes
- Footprints or Tarp for under tents (Troop Set speak with SPL for more information)
- Matches/lighter
- Drinking cup
- Pot grabber
- Cook set, dishes (Aluminum Mess Kit)
- Cooking/eating utensils (Light weight plastic)
- Stove and fuel (Backpacking stove and canister)
- Biodegradable soap
- Food (adequate supply for your trip/patrol meal plan)
- Pot scrubber/dish towel
- Resealable plastic bags (2 Quart and 2 Gallon Size)
- Water filter/purifier or Water-purification tablets (coffee filters if using tablets)
- Water bottle(s) (Wide mouth preferred eg: Nalgene)
- Portable Lantern / Tent Light (battery operated)
- Bear Canister or Large Nylon Stuff Sack (If not in bear country)
- Extra nylon stuff sacks (For small items to stay organized)

Personal Items

- Toilet paper (1/4 Roll)
- Lip balm (with sun protection)
- Toothbrush and toothpaste
- Small bath towel
- Brush/comb
- Toilet Trowel (Small Plastic Shovel)
- Hand Sanitizer (Unscented)
- Other personal toiletry items
- Biodegradable Soap (Camp Suds)
- Medications

Other/Extras (Optional)

- Day/summit pack or fanny pack
- Altimeter
- Sit pad or sleeping pad chair kit
- Binoculars
- 100-foot accessory cord
- Field guides
- Axe/saw (Tote N Chit Required)
- Camera and film
- Travel games
- Watch/alarm clock
- Fishing Pole
- Fishing license
- Weather radio
- Hiking staff/pole
- Gaiters
- Head net (Mosquito Netting)
- Collapsible water container (2-5gal)