

BACKPACKING GEAR CHECKLIST

Required Personal Gear Worn

- Trekking shirt and pants – no cotton
- Underwear – no cotton
- Trail running shoes or boots
- Merino wool or synthetic hiking socks – no cotton
- ♦ Compass on neck lanyard
- ♦ Pea-less whistle on neck lanyard

Required Personal Gear Carried in Pack

- Backpack
- Sleeping bag in stuff sack
- Sleeping pad (closed cell foam or inflatable)

- Long underwear top and bottom (base layer)
- Sleeping socks - Merino wool or synthetic
- ♦ Insulating jacket – no cotton
- Waterproof-breathable rain-jacket and pants
- Second hiking socks - Merino wool or synthetic
- Warm hat – no cotton
- Warm gloves – no cotton
- Stuff Sack for clothing

- 2 Water bottle(s) for 2L capacity (Soft bottle OK)
- Mess kit (24 oz bowl, 12 oz cup, and spoon)
- Dedicated nylon stuff sack for food storage

- Toiletries (toothbrush/paste, hand sanitizer, TP)
- Concentrated soap (<1 oz) in small bottle

- ♦ First aid kit (small gauze, tape, etc)
- ♦ LED light (Headlamp & spare batteries)
- ♦ Small pocketknife
- ♦ Sun Protection (sunglasses, sunscreen, lip balm)
- ♦ Fire (fire starter, matches, lighter)
- ♦ Repair kit (knife, duct tape, tools, spare parts)
- Bandana – cotton OK
- Insect repellent
- 2 Large gallon Ziploc bags for organization
- Pack liner (trash bag, or trash compactor bag)

Optional Personal Gear

- Hat with brim – cotton OK
- Mosquito head net
- Extra torso layer (wind shirt or long underwear top)
- Trekking poles
- Gaiters – ankle high
- Camera + film/batteries in water proof bag

Patrol Gear (Provided by Troop)

- ♦ Map
- ♦ Patrol Tent/Shelter, stakes, ground cloth
- Patrol Cook kit (pot, stove, fuel canister)
- Patrol water carrier
- Patrol first aid kit
- Patrol bear bag hanging system

♦ 10 Essentials

1. Navigation (map & compass)
2. Sun Protection (sunglasses, sunscreen, lip balm)
3. Insulation (extra clothing)
4. Illumination (flashlight/headlamp, spare batteries)
5. First-Aid Supplies (gauze, tape, etc.)
6. Fire (fire starter, matches, lighter)
7. Repair Kit (knife, duct tape, tools, spare parts)
8. Nutrition (extra food)
9. Hydration (extra water, water purification)
10. Emergency Shelter (tarp, garbage bag)

The Leave No Trace Seven Principles

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Backpacking food

Backpacking food: calorie packed, lightweight, tasty.
Lunch: is usually heavier, more bulky, high energy, and no-cook.

Dinner: Cooked dinners are typically dehydrated so they are lighter.

Breakfast: consists of about half no-cook and half quick-cook.

Snacks: are eaten throughout the day between meals, and should consist of variety of items .

Please, be mindful of the trash you generate!

Repackage your food items to minimize trash volume and weight! No canned items or glass jars.

Packing Tips

1. Analyze your current equipment
2. Plan according to season and weather
3. Only take what you need
4. Look for items that have multiple uses.
5. Develop your skills
6. KISS or "Keep It Simple, Scouts!"