

Backpacking Check-list

The following items are guidelines for packing for a backpacking trip.

Suggested Items:

- Backpack
- Pack cover
- Sleeping bag
- Sleeping pad (lightweight)
- Small, lightweight flashlight or headlamp
- Two quarts water in unbreakable bottles (community water)
- Drinking water bottle
- Eating utensil
- Plate or bowl (lightweight)
- One change of clothes
- Socks - up to one fresh set per day
- Cap (hat and gloves if weather warrants them)
- Fleece jacket or other warm outer wear
- Rain gear
- Personal first aid kit
- Pocketknife
- Insect repellent (small bottle)
- Sunscreen (small bottle)
- Matches or fire starter
- Compass
- 20 ft. lightweight cord (for clothesline or emergency use)
- Small towel and washcloth
- Toiletries in small quantities
- Toilet paper (small roll in plastic bag)
- Small lightweight trowel for digging catholes
- Wristwatch
- Ziploc bags for clothes
- Optional Items:
 - Walking stick or trek poles
 - Small lightweight tarp for sitting
 - Lightweight camp pillow
 - Crocs or other lightweight closed-toe camp shoes
 - Gators

Do NOT Bring:

Excessive amounts of extra food, candy, or beverages (all food should be provided by the grubmaster)

Jeans

Any electronic equipment (cell phones, games, radios, etc.)

Books, magazines

Extra shoes or boots

Anything heavy or bulky

Troop Provided:

Tent

Food

Stoves and fuel

Water filters

Food/Bear bags (with paracord and carabiner)