

Troop 143
Backpacking Checklist

- Backpack and pack cover (*can be borrowed from troop if needed*)
- Sleeping bag – 30 degrees rated or better – lightweight for backpacking (NOT a large, fluffy, heavy bag) and stuff sack. Optional: Sleeping bag liner.
- Sleeping pad
- Waterproof bags, Ziplocs or stuff sacks to hold clothes/items inside your pack - remember your big backpack is a "pack of packs" - you will be packing it and unpacking it
- Hiking Boots – should be broken in already to prevent blisters from long hikes.
- Camp shoes – closed toed such as tennis shoes
- Two pair socks plus two sock liners recommended. Wool socks are best but not required. Dry socks prevent blisters and feel better at bedtime.
- Micro fiber fleece jacket in case of cold nights (not heavy, cotton sweatshirt)
- Rain gear - very important. Cheap ponchos are not very good for this. Waterproof jacket or heavy poncho and water resistant pants. Even if the forecast is 0% rain, bring rain gear.
- Hiking clothes should be synthetic where possible. Think of clothing in layers, not as separate outfits. Two shirts and two pants max. Switchback scout pants are perfect for one layer. One change of underwear.
- Sleeping Clothes – t-shirt, wool cap, dry socks, light gloves, shorts (pack in zip lock to keep dry)
- 2+ liters of water – Nalgene and/or Camel back (hydrate or die!). More water for dry camp sites.
- Small cup, spork or spoon (entire mess kit not necessary – heavy)
- Headlamp and extra batteries
- Pocketknife – lightweight and sharp
- Compass
- Matches in waterproof container
- Toiletries: Toothbrush and paste. Toilet Paper. Small hand wash solution. Microfiber wash cloth. Etc. (Make sure toiletries are in a separate, labeled, quart-sized zip lock bag to be placed in a larger bear bag.)
- Sun Protection – Sunglasses, sunscreen, hat, chapstick
- Notepad and pen
- First Aid: 4 bandages, 2 gauze pads, adhesive tape, moleskin, antiseptic. Advil or Tylenol. Optional: Insect repellent.
- Optional: camera
- Optional: hiking poles

Do not bring: Lots of changes of clothes, multiple coats, chairs, your own food, large mess kits, open toed shoes, non-hiking or normal pillows, sweats or other cotton hiking clothes, heavy books, giant fluffy sleeping bag, fans, electronics, normal (non-hiking) towels.

Other Items that will be carried in backpack and **shared with entire group** (be sure to leave room in backpack for some of these):

- Lightweight tent and ground cover
- Lightweight cooking stove, pots for cooking, clean up buckets for washing dishes.
- Fuel and fuel bottle, matches/lighter, aluminum foil for windy conditions
- Tarps – for cooking teams and storing backpacks
- Water pump
- Water purification tablets
- Bear bags
- Parachute cord – toughest rope for use in emergencies
- Maps
- Tabasco sauce

Key rules to backpacking:

- Take the bare minimum and keep it lightweight – every ounce must be carried every mile. If it's not essential, don't bring it.
- Never eat or carry any food or smell-ables into tent.
- Label everything with name and phone