

# Backpacking Equipment Checklist

## Personal Items

- Backpack
- Hiking Boots (broken in)
- Light Campsite Shoes
- Sleeping Bag or Sleeping Blanket
- Tent (share with another Scout to lower weight)
- Small Tarp for Ground Cover
- Clothing (amount and type determined by season and duration of campout) to last for \_\_\_ days.
  - Wool Socks
  - Liner Socks (Very important!!)
  - Pants or Shorts
  - Underwear
  - T-shirts
  - Jacket or Sweatshirt for cool nights/days
  - Stocking hat
- Raingear or Poncho
- Water Canteen or Water Bottle (2 Quarts)
- Small Flashlight with Fresh Batteries
- Matches
- Mess Kit, Cup, and Utensils
- Washcloth
- Hat (Keep Sun Off Your Face)
- Toothbrush/Toothpaste
- Soapbox and Soap
- Personal First Aid Kit Consisting of:
  - Adhesive Bandages - 6
  - 3" x 3" Sterile Gauze Pads
  - Adhesive Tape - 1 Small Roll
  - Tweezers
  - 3" x 6" Moleskin
  - Soap - 1 Small Bar
  - Antiseptic - 1 Small Tube
  - Roller Bandage
- Toilet Paper (Biodegradable)
- Sunglasses
- Several Large Plastic Bags to Pack Your Items and Keep Your Pack Contents Dry
- Backpack Cover (Use a Large Plastic Trash Bag if You Do Not Have a Cover)

- Food for \_\_\_ Days (Place the Meals for Each Day in a Separate Small Plastic Bag)
- Pot to Cook Your Food Unless Contained in Your Mess Kit.
- Very Small Bottle of Detergent for Cleaning (Biodegradable)
- Trail Food
- Knowledge of which Tenderfoot, 2<sup>nd</sup> Class, or 1<sup>st</sup> Class Outdoor Requirements That you Have Remaining
- About \$10 for any stops on the way out or back.

## Recommended Items

- Sunscreen/Chapstick
- Compass
- Small Towel
- Pocket Knife (Must Have Your Tot' in Chit)
- Thin Utility Cord, 30 ft.

## Optional Items

- Camera
- Small Radio
- Paperback Book
- Pen and Paper
- Personal Sewing Kit
- Sleeping Pad
- Watch
- Small Binoculars
- Whistle
- Hiking Staff
- Insect Repellent

## Common Items Carried As a Group

- Backpacking Stove and Fuel
- Group First Aid Kit
- Backpack Repair Kit
- Toilet Trowel

This list will be reviewed for deletions/additions prior to any backpacking campout. Your backpack should weigh no more than 1/4th of your weight. Share equipment to reduce weight. Weight of your pack is CRITICAL Feet are also very important. The importance of a liner sock and outer wool sock cannot be over emphasized. Change socks every 3-4 hours.