

# Troop 113 Backpacking Checklist

	√ Required	√ Optional
<b>Pack</b>	Internal or External Frame	
	Waterproof Pack Cover	
	Waterproof stuff sacks or plastic Zipper bags	
<b>Shelter</b>	Tent with Rain Fly, Seam-sealed	Tarp for kitchen or rain shelter
	Ground cover or "footprint"	
<b>Sleeping</b>	Sleeping Bag	Fleece Liner
	Rated: 20° to 25° spring or fall, 30° to 40° summer	
	Sleeping Pad, Closed cell foam or Air	
<b>Clothing</b>	<i>Broken-in</i> backpacking boots	Camp shoes
	3 pair socks and sock liners, <i>Wool or Synthetic</i>	
	Spare underwear, <i>moisture wicking</i>	
	Hiking shorts or pants, and shirt, <i>moisture wicking</i>	
	Wind/rain jacket and pants	
	Insulating layer - fleece is good	
	Wool or fleece hat / Fleece gloves and liners	
<b>Food</b>	Stove and fuel <b>1</b>	Cooking pot and utensils
	Breakfasts, lunches, dinners & snacks <b>2</b>	
	Stuff sack and rope for bear bag <b>1</b>	
	Lighter or matches in waterproof container	
	Trash bags	
	Cup, bowl and spoon	Mess kit
<b>Water</b>	2 or 3 liters - Nalgene bottles or Platypus	Hydration system
	Water filter or water purification tablets <b>1</b>	Extra Platypus
<b>Safety</b>	Compass and map	Guide book
	Survival blanket	Sun glasses
	Whistle	Pack towel
	Flashlight/headlight with extra bulb and batteries	Trowel
	Swiss army knife or other multi-tool	
	Sun protection / bug protection	
	First aid kit: <i>moleskin, bandages, ibuprofen, and other over-the counter medications, prescription medications</i>	
	Personal Toilet Items: <i>Camp soap, Toothbrush, toothpaste, powder, toilet paper and bags to pack out used toilet paper</i>	
	Repair kit - duct tape, needles/thread, safety pins etc.	
<b>Miscellaneous</b>		Swim suit
	Photocopy of advancement log from Scout Handbook	Bandana
	Plastic Zipper bags, extras	Camera
		Notebook/pencil
		Games/musical instruments
		Spare pair of glasses

Cotton, when wet, dries slowly, provides no insulation, can cause blisters and is heavy. Therefore, all clothing, from head to toe should be wool or synthetic.

**In particular, jeans are not appropriate.**

**1** - May be shared, but don't **assume** others will provide.

**2** - As needed, plan with others. Backpacking consumes many calories, so plan meals & snacks accordingly