



Troop 113 Backpacking Checklist

	✓	Required	✓	Optional
Pack		Internal or External Frame		Day Pack
		Waterproof Pack Cover		
		Waterproof Stuff sacks or Plastic zipper bags		
Shelter		Tent with Rain Fly		Tarp for Kitchen or Rain Shelter
		Ground cloth or "Footprint"		
Sleeping		Sleeping Bag rated 10° to 25°		Sleeping Bag Liner +25°
		Sleeping Pad, Closed cell foam or Air-check R value		Lightweight Pillow
Clothing		Backpacking Boots, broken-in, not broken down		Camp Shoes
		3 pairs of Socks, wool or synthetic		Sock liners
		Base Layer, 1-2 pairs, top & bottom (heavy & light)		Bandana
		Long Sleeve Shirt		
		Short Sleeve Shirt		
		Lightweight Fleece		
		2 pairs Underwear, synthetic		
		Pants or Shorts, moisture wicking		
		Rain/Wind Gear, Jacket and Pants (no poncho)		
		Insulating Layer Fleece Jacket		Second Jacket with hood (Down filled)
		1-2 pairs Gloves & Mittens		Chemical Hand & Foot Warmers
	Wool or Fleece Hat for day time & sleeping		Balaclava	
Food		Snacks, energy rich		
		Breakfasts, Lunches, & Dinners		Long Backpacking Meal Spoon
		Stuff Sack for food as a Bear Bag		Bear Bag rope
		Small Lighter, Fire Starter Striker, or Waterproof Matches		
		Personal Trash Bag		
	Plastic Cup & Plastic Bowl, Spoon & Fork			
Water		2-3 liters, Nalgene bottle or Platypus		Hydration System with tube 2-3L
Safety		Map		Orienteering Compass
		First Aid Kit, lightweight-Moleskin, bandages, ibuprofen, other over-the-counter medications, prescription meds (Put in bottom right of pack)		Mylar Survival Blanket/Leukotape
		Whistle		
		Headlamp with extra batteries		
		Pocket Knife, Swiss Army or Multi-tool		
		Sun screen/ Bug protection		Lip Protection/Head Bug Net
Hygiene		Personal Toiletry Items: Camp soap, toothbrush, toothpaste, toilet paper & Hand sanitizer		Foot powder, Trowel
Miscellaneous		Extra Zip-loc bags		Hiking Poles
		Repair Kit:Duct tape, Sewing Kit(from hotel)Safety pins		Next Rank Requirements printed
				Camp Chair/Sitting Pad
				Sun glasses
				Games

NO COTTON! Cotton when wet dries slowly, provides no insulation, can cause blisters and is heavy. All clothing, from head to toe should be wool or synthetic. NO JEANS! LABEL EVERYTHING!