



## Troop 113 Backpacking Checklist

✓ Required	✓ Optional
<b>Pack</b>	
Internal or External Frame	Day Pack
Waterproof Pack Cover	
Waterproof Stuff sacks or Plastic zipper bags	
<b>Shelter</b>	
Tent with Rain Fly	Tarp for Kitchen or Rain Shelter
Ground cloth or "Footprint"	
<b>Sleeping</b>	
Sleeping Bag rated 10° to 25°	Sleeping Bag Liner +25°
Sleeping Pad, Closed cell foam or Air-check R value	Lightweight Pillow
<b>Clothing</b>	
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 fill)
1-2 pairs Gloves & Mittens	Chemical Hand & Foot Warmers
Wool or Fleece Hat for day time & sleeping	Balaclava
<b>Food</b>	
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	
<b>Water</b>	
2-3 liters, Nalgene bottle or Platypus	Hydration System with tube 2-3L
<b>Safety</b>	
Map	Orienteering Compass
First Aid Kit, lightweight-Moleskin, bandages,ibuprofen, and other over-the-counter medications, perscription medications(Locate 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
<b>Other</b>	
Personal Toilet Items:Camp soap, toothbrush, toothpaste, toilet paper & Hand sanitizer	Foot powder, Trowel
<b>Miscellaneous</b>	
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!**