

TROOP 50 BACKPACKING CHECKLIST

Pack

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|--|--|--|
| <input type="checkbox"/> Backpack (65-75L) | <input type="checkbox"/> Bungee cords/straps | <input type="checkbox"/> Waterproof pack cover |
| <input type="checkbox"/> D-rings | <input type="checkbox"/> Stuff sack | <input type="checkbox"/> Hydration system |

Sleeping/Shelter

- | | | |
|---|--|---------------------------------|
| <input type="checkbox"/> Sleeping bag/bivy sack (20deg) | <input type="checkbox"/> Sleeping pad/ground cloth | <input type="checkbox"/> Pillow |
| <input type="checkbox"/> Tent w/Footprint | <input type="checkbox"/> Space blanket/bag liner | |

Gear

- | | | |
|---|---|---|
| <input type="checkbox"/> Compass * | <input type="checkbox"/> 550 Cord/100ft | <input type="checkbox"/> Trekking pole |
| <input type="checkbox"/> Fire starter | <input type="checkbox"/> Small flashlight | <input type="checkbox"/> Waterproof matches * |
| <input type="checkbox"/> GPS (optional) | <input type="checkbox"/> Head lamp | <input type="checkbox"/> Trowel |
| <input type="checkbox"/> Lantern | <input type="checkbox"/> Map * | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Pocket knife * | <input type="checkbox"/> Signal mirror | <input type="checkbox"/> Sun glasses/goggles |

Clothing

- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> Boots | <input type="checkbox"/> Rain gear | <input type="checkbox"/> Camp shoes |
| <input type="checkbox"/> Sun Hat * | <input type="checkbox"/> Jacket | <input type="checkbox"/> Swimming shorts/suit |
| <input type="checkbox"/> Long underwear | <input type="checkbox"/> Fleece Cap | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Long-sleeve shirt x____ | <input type="checkbox"/> Pants x____ | <input type="checkbox"/> Underwear x____ |
| <input type="checkbox"/> Short-sleeve shirt x____ | <input type="checkbox"/> Shorts x____ | <input type="checkbox"/> Socks x____ |
| <input type="checkbox"/> Sock liners x____ | | |

Personal Items

- | | | |
|---|---|--|
| <input type="checkbox"/> Lip balm (with sun protection) | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Backpacking towel |
| <input type="checkbox"/> Deodorant (non-scented) | <input type="checkbox"/> Soap | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Sun block * |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Lotion (non-scented) | <input type="checkbox"/> Toothbrush/paste |
| <input type="checkbox"/> Hand warmers | <input type="checkbox"/> Watch | |

Personal First Aid Kit *

- | | | |
|---|--|---|
| <input type="checkbox"/> Antibiotic ointment | <input type="checkbox"/> Antihistamine | <input type="checkbox"/> Fine point tweezers |
| <input type="checkbox"/> Anti-itch ointment | <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Pain relief medicine |
| <input type="checkbox"/> Assorted adhesive bandages | <input type="checkbox"/> Assorted gauze pads | <input type="checkbox"/> Medical tape |
| <input type="checkbox"/> Blister treatment | <input type="checkbox"/> Butterfly bandages | <input type="checkbox"/> Safety pin/needle |

Miscellaneous

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Batteries | <input type="checkbox"/> Camera/accessories | <input type="checkbox"/> Ziplock bags |
| <input type="checkbox"/> Cards/games | <input type="checkbox"/> Clothes Pens | <input type="checkbox"/> Paper/pencil/pen |
| <input type="checkbox"/> Garbage bags | <input type="checkbox"/> Guidebook/notes | <input type="checkbox"/> Reading material |

Cooking/Food

- | | | |
|--|---|--|
| <input type="checkbox"/> Trail snacks | <input type="checkbox"/> Tea/coffee/cocoa | <input type="checkbox"/> Emergency food * |
| <input type="checkbox"/> Cookware | <input type="checkbox"/> Stove/fuel | <input type="checkbox"/> Water bottle/canteen |
| <input type="checkbox"/> Eating utensils | <input type="checkbox"/> Electrolytes | <input type="checkbox"/> Drinking cup |
| <input type="checkbox"/> Bear bag | <input type="checkbox"/> Condiments | <input type="checkbox"/> Water purifying agent |
| <input type="checkbox"/> Breakfast x____ | <input type="checkbox"/> Lunch x____ | <input type="checkbox"/> Dinner x____ |
| <input type="checkbox"/> Pot holder | <input type="checkbox"/> Pot scrubber | <input type="checkbox"/> Water * |

TEN BACKPACKING ESSENTIALS *

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|--|--|---|
| 1. Extra food | 6. Flashlight, extra batteries extra bulb | 9. First aid kit |
| 2. Extra water | 7. Pocketknife or all-in-one-tool | 10. Sun protection (sunglasses, sunscreen, lip balm, hat) |
| 3. Extra clothing (like a sweater, warm hat and rain jacket) | 8. Fire-making items (lighter, or matches in waterproof container, candle) | |
| 4. Map of the area | | |
| 5. Compass | | |