

T392 BACKPACKING CHECKLIST

Typical Friday Evening – Sunday Noon Troop Trip

Individual

Clothing, Includes what you wear the first day out (everything stored in zip lock bags)

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Hiking boots | <input type="checkbox"/> Pants (1) | <input type="checkbox"/> Long underwear, top and bottoms (1 set if cold weather) | <input type="checkbox"/> Bandana or handkerchief (2) |
| <input type="checkbox"/> Hiking socks, noncotton (3 pr) | <input type="checkbox"/> Belt (only if needed) | <input type="checkbox"/> Warm vest or jacket (if cold weather) | <input type="checkbox"/> Hat with brim |
| <input type="checkbox"/> Underwear (2) | <input type="checkbox"/> Shorts (1) | <input type="checkbox"/> Warm hat and gloves (always pack) | <input type="checkbox"/> Troop duty uniform for during travel |
| <input type="checkbox"/> T-shirts (2) | <input type="checkbox"/> Jacket (fleece) | | |
| <input type="checkbox"/> Long sleeve shirt (1) | <input type="checkbox"/> Rain jacket and pants | | |

Gear

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Bowl, Cup and spoon | <input type="checkbox"/> Trash bags (2) | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Backpack rain cover | <input type="checkbox"/> Pocket knife | <input type="checkbox"/> Ziplock bags (2) large size | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Sleeping bag wrapped in trash bag | <input type="checkbox"/> Headlamp or flashlight | <input type="checkbox"/> Towel (small) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Spare batteries/bulbs | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Camera / film |
| <input type="checkbox"/> Canteens (2 qt total) or hydration bag + 1 canteen | <input type="checkbox"/> Matches/fire starters | <input type="checkbox"/> First aid kit (Scout book pg 289) | |
| | | <input type="checkbox"/> Lip balm | |

Food

- | | |
|---|--|
| <input type="checkbox"/> Trail snacks for two days (individual) | <input type="checkbox"/> 1 Lunch – non-cook, on the trail (individual) |
|---|--|

Patrol

Gear

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> 2 Man Tents | <input type="checkbox"/> Stove and fuel | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Ground cloths | <input type="checkbox"/> Cooking pots | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Bear bag (heavy duty trash bag) |
| <input type="checkbox"/> Water filter or Purification tablets | <input type="checkbox"/> Cooking utensils | <input type="checkbox"/> Bug repellent | <input type="checkbox"/> 50 feet of thin, light rope or parachute cord |
| | <input type="checkbox"/> Ziplock bags, gallon size to store food | <input type="checkbox"/> Sunscreen | |
| | <input type="checkbox"/> Biodegradable soap | <input type="checkbox"/> Trowel for cat holes | |
| | <input type="checkbox"/> Cleaning sponge and dish towel | | |

Food

- | | | |
|---|--|--|
| <input type="checkbox"/> 2 Breakfasts – patrol Sunday morning should be noncooked (grab & go) | <input type="checkbox"/> 1 Lunch – individual, see above | <input type="checkbox"/> 1 Dinner - patrol |
|---|--|--|

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Comments and Tips:

1. The highlighted items on the list are safety related and are must haves. Scouts without these items will not be allowed on the backpack.
 - a. Hiking boots – Footwear heavier than a sneaker that provides ankle support and some water resistance.
 - b. Hiking socks - Heavy wool or synthetic blend. Cotton athletic socks are not appropriate. Some like to wear a thin liner sock under the heavy sock to help wick moisture away and prevent blisters. That is an individual preference.
 - c. Rain jacket - A poncho will work fine in light rain with little wind. A separate rain jacket (and pants) works much better and doubles as a windbreaker to keep you warm. If possible, look for waterproof and breathable (means that sweat vapor can escape and does not form condensation inside). Finding good quality, reasonably priced rain gear locally is difficult, but is available online. Two good sources are: Frogg Toggs available at:
<http://www.froggtoggs.com/> and Red Ledge Thunderlight available at Campmor:
<http://www.campmor.com>
 - d. Backpack cover - A garbage bag will work as a pack rain cover. If you rely on this, then bring spare bags. Each one lasts about a day before tearing completely. Make sure the trash bag you bring will fit over your fully loaded pack before you leave home.
 - e. Canteens - Hydration bladders are great, but can puncture and leak. If you choose to bring one, also bring a filled 1 qt water bottle as backup. You do not want to rely entirely on the hydration bladder. Each scout must have two quarts of water.
 - f. First Aid Kit – All scouts should bring a personal first aid kit. See the scout handbook for guidance, but the most important items are for blister prevention and treatment.
2. The clothing list above includes what you are wearing the first day. For example, on our typical Friday through Sunday trip, on the first day you will likely be wearing hiking socks, underwear, pants and t-shirt, you therefore only need to pack additional: hiking socks (2 pair), underwear (1), tshirts (1), and shorts. Your Class A shirt can be worn over your t-shirt and then left in the vehicle at the campsite to be worn again on the ride home.
3. Clothing fabric, as much as possible, should be synthetic, not cotton. Wet cotton clothes keep you cold and take a long time to dry out. Synthetic blends such as polyester or polypropylene (or fleece for jackets) will help keep you warm even if wet, dries much quicker and is lighter weight. You do not need to shop at the expensive outdoor stores to find this. You can find synthetic blend clothing at local department stores.
4. Pack all clothing in Ziploc bags or waterproof stuff sacks. This helps to organize your pack and keep items dry. Most of the clothes will fit into a couple of 2 gallon ziplock bags.
5. For pants, avoid denim. Denim is cotton and has all the problems mentioned above. You can find nylon pants with zip off leggings (allowing them to double as shorts) locally. These are lightweight, dry fast and usually have a built in belt. They can be found in green, which meets the requirement for a troop duty uniform.
6. From the list above, you can see that dressing is in layers. You shed or add clothing layers depending on the weather conditions. The most important layer is the outer shell. It needs to be waterproof.
7. Also, pack all food in Ziploc bags. Keep trail snacks in easily accessible outer pack pockets. Put the Ziploc food bags in a heavy-duty trash, or other strong lightweight bag. This organizes the food and the bag can later be used as a bear bag and hoisted into a tree at the campsite.
8. For sleeping bags, vests and jackets, avoid down. Down is an excellent insulator, lightweight and packs small but is very hard to dry out and provides no warmth when wet. The synthetic fill materials such as Polarguard or Hollowfil do insulate if wet, are also lightweight and are less expensive.
9. Wrap a trash bag around your sleeping bag. The sleeping bag must stay dry.