

TROOP 29 BACKPACKING CHECKLIST

TEN ESSENTIALS

FIRST AID KIT
WATER, ONE QUART
MAGNETIC COMPASS
LOCAL MAP
POCKETKNIFE & TOTIN' CHIP
EMERGENCY BLANKET
EMERGENCY FOOD
WHISTLE
SIGNALING MIRROR

CHAPSTICK
SUNGLASSES
DECK OF CARDS/READING MATERIAL
ID CARD & CHANGE FOR PHONE
FLASHLIGHT w/ FRESH BATTERIES
PONCHO OR RAIN GEAR
WATERPROOF MATCHES
SMALL AMOUNT OF ALUMINUM FOIL
SUN LOTION 30spf MINIMUM

EQUIPMENT

Outdoor Backpack
Sleeping bag in stuff sack
Sleeping Pad
Hiking Boots waterproof
Knife
2 Water bottles, 1 wide-mouth Nalgene
Hat - wide brim shade hat
Thermal Cup, spork
2 large black trash bags pack cover, poncho, etc.
Plastic Trowel and toilet paper in zip lock
3 1-gallon zip-lock bags

CLOTHING

Tops t-shirt/shirt
Bottoms Sweatpants/trousers
Socks non-cotton

INSULATING LAYERS

Extra Top(s) sweater, fleece, etc.
Extra Bottom(s) pile, pants, fleece
Long Underwear polypropylene, capilene, etc.

GROUP EQUIPMENT

Tent
Tarp or ground sheet
Rope at least 50 ft. of 1/4"
Water purifier and/or Iodine tablets
Folding Saw
Small Ax
Stove
Extra Fuel
Pot set and Pot holder
Collapsible Water Container
Pot Scouring pad
Biodegradable Dish Soap
Spare pack buckles 1 hip belt and 2 small size
2 Spare Pack Straps
Small Amount of Duct Tape
Leatherman
Small Sewing Kit

FIRST AID KIT - PERSONAL

Moleskin
Parent Release Form
10 Band-Aids

SHELL LAYERS

Waterproof coat, windbreaker,
pants, and hat

EXTRAS

Socks
Mitts/Gloves
Hiking Shorts/swimsuit
Bandana
Toque/warm hat
Teva-type sandals for stream crossings

PERSONAL ITEMS

Completed Health form
Personal Medications - Supervising
Adult knowledge of medications and
dosage
Insect Repellent High DEET
Toothbrush/Toothpaste
Pack towels (2)

Additional Notes and Comments:

Use this checklist as a guideline when planning for a backpacking trip. Some items may be optional depending on route, weather, and length of trip. You should carry no more than 25-35% of your total body weight including pack and boots.

3 Large Adhesive pads 4" x 4"

5 antiseptic wipes

Individual Tylenol

Small roll of gauze bandage

Small amount of medical tape

MISCELLANEOUS

Camera and Film

Binoculars

Bear Bells/Bear Scare

Change of clothes for trip home left
in car

Trip Itinerary Left home with someone
who cares!

Spare Car Keys in safe place in
pack