

Troop 691 Backpacking Check List (April 2006)

Backpack

Planned

Packed

- Is the backpack the right size for me?
 (A16 and REI can provide correct measurements.)
 Is the hipbelt in good condition and attached properly?
 Pack cover, large – waterproof
 6-12 1-gallon Ziplock bags (to pack clothes)

Sleeping

- Sleeping bag with stuff sack
 Sleep clothes – worn only in sleeping bag (t-shirt and gym shorts)
 Straps to hold sleeping bag to pack (if external frame)
 Sleeping pad (closed foam or Thermarest style)

Clothing-Extended Hikes (5 or more days)

A-Hiking Clothes (Day)

- Hiking boots – well broken in and well sealed
 Lightweight sneakers for camp
 Sandals or water socks if crossing creeks and rivers
 2 pairs-wool hiking socks
 3 pairs-sock liners
 3 changes of underwear (unless using shorts with mesh) (high tech underwear preferred, not cotton)
 2 hiking lightweight shorts, or long pants with zip off legs
 2 short-sleeve shirts (Lightweight Polypropylene)
 1 long-sleeve shirt (Lightweight Polypropylene)
 1 hat-flexible with brim

B-For Cool Evenings

- 1 long-sleeve shirt (wool or acrylic)
 1 pair of long pants (or the legs if you have zip-off shorts)
 1 pair long insulated underwear

C-For Cold

- 1 sweatshirt, light coat, or polyfleece (no cotton)
 1 stocking cap (wool or polyfleece)
 1 pair gloves or mittens

D-For Cold, Wet, Windy

- 1 Rain Suit (Lightweight, Breathable, Weatherproof with hood)

Eating

- Bowl (Lightweight-acrylic or metal)
 Cup (Lightweight-acrylic or metal)
 Spoon and fork (Lightweight-acrylic)
 2 to 3 one-quart water bottles (Nalgene)

10+ Essentials: (Some of these items are included in the lists above but double check here.)

- Pocketknife
 First Aid Kit (with personal medications)
 Extra Clothing
 Rain Gear
 Water Bottle
 Flashlight -Small with extra batteries
 Trail Food (for emergencies)
 Matches and Fire Starters in waterproof container
 Sun Protection/Sunscreen
 Lip Balm
 Compass and map of area
 Whistle
 Duct Tape (Small Quantity)
 MoleSkin (for blisters)
 Insect Repellent
 Space Blanket
 Small Shovel for digging hole
 Toilet Paper
 Sanitizing Gel (Purel)

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