

## Troop 17 Backpacking Checklist – Personal Gear

(Choose items that match the trip plans and expected weather conditions.)

### Essentials

- Compass
- Flashlight or Headlamp with extra batteries
- Pocket Knife
- Personal first aid kit
- Water bottles or bladder (1.5 – 2 quarts per person)
- Map of trails (everyone will get 1 copy)
- Matches in waterproof case and whistle

### Clothing/Outerwear/Footwear

- Rain gear or poncho with hood (no plastic)
- Fleece jacket or pull-over (avoid cotton)
- Hiking boots (waterproof)
- Pajamas or sweatpants & top
- Cap/winter ski cap
- Underwear
- Hiking Socks (1 pair per day, avoid cotton)
- Shorts/long pants (zip-offs are good)
- Shirts/t-shirts (avoid cotton)

### Camping Gear

- Sleeping Bag and sleeping pad
- Backpack (internal or external frame)
- Raincover for backpack (could use plastic garbage bag)
- Bowl, spoon, cup/mug (don't need a full mess kit)

### Personal Hygiene Items

- Toothbrush and toothpaste (BB)
- Small hand towel
- Deodorant (BB)
- Lip balm (with sun protection) (BB)
- Insect Repellent (BB)
- Sunscreen (BB)
- Small bottle of hand sanitizer
- Toilet paper (fold sheets in a zip-lock)
- Small amount of cash

### Optional Items

- Sitting pad or folding chair (small)
- Small Camera (BB if using film)
- Watch
- Sunglasses
- Notebook and pen/pencil

### Notes:

1. Items marked (BB) need to be stored in a bear bag/canister over night.
2. Backpacks need to be large enough to carry your personal gear plus some of the troop gear.
3. Total weight of a fully loaded backpack should not exceed 25-30% of your body weight. So if you weigh 100 lbs, max pack weight is 25-30 lbs.
4. Water supplies may be scarce. Stay hydrated but don't waste water!