

## Troop 6 Backpacking Equipment Checklist

### The 10 Essentials

- Pocketknife** 3" or shorter locking blade folding knife.
- First-aid Kit** - carry a few personal supplies to treat blisters, small cuts, and other minor injuries.
- Extra Clothing** - Layers of clothing allow you to adjust what you wear to match the weather.
- Rain Gear** - A poncho or a rain parka can protect you from light showers and heavy storms.
- 32oz Water Bottle** - Always take along at least a 1-quart bottle filled with water. 2 bottles if it's hot.
- Flashlight** - An LED flashlight or headlamp with fresh batteries. Carry spare batteries in case you need them.
- Trail food** - small bag of trail mix, granola, some raisins and nuts, or a couple of energy bars
- Matches and Firestarter** - Waterproof matches, butane lighter, or ferro rod and striker. Cotton balls w\ Vaseline.
- Sun protection** - sunscreen (SPF 30 or greater) and wear a broad-brimmed hat, sunglasses, and lip balm.
- Map and compass** - know directions to trailhead. A topo map can show you the way in unfamiliar areas.

### Don't Forget Items

- Verify registration and forms are current
- Prescription medications: Inhalers, Epi-Pens, etc.
- Backpack

### Shelter

- Tent, poles, rainfly, footprint\ground cloth
- Sleeping bag \ Sleeping bag liner (optional)
- Sleeping pad \ pillow (optional)

### Personal Items

- Toilet Paper
- Toothbrush and toothpaste
- Trowel for digging holes
- Small biodegradable soap
- Small towel or washcloth
- 1 gal ziplock bags (2) and trash bag (1)
- Insect Repellant

### Cooking \ Eating

- Stove and fuel. Jetboil or similar. (Share with scouts)
- Cooking pots and pans (if needed)
- Camp cup or mug
- Plate\ bowl (if needed)
- Knife\fork\spoon
- Breakfast ( ), Lunch ( ), Dinner ( )
- Snacks: fruit, trail mix, jerky, energy bars
- Salt, pepper, spices, hot sauce
- Hot chocolate, coffee, tea

### Clothing

- Hiking boots\shoes (not new but used)
- Two pairs of hiking socks
- Base layer clothing (class B T-shirt, extra underwear)
- Mid layer clothing (scout zip off pants, pullover, jacket)
- Outer layer clothing (rain suit or poncho, jacket)
- Warm hat (wool, fleece or down)
- Gloves
- Water items (if necessary) shoes and swimwear
- Camp shoes (optional)

### Additional Equipment

- Water filter (Share with scouts)
- Water carrying bag (Share with scouts)
- Water purification tablets
- Survival blanket
- Whistle
- \$20 for potential lunch stop
- Duct tape - 10 ft
- Paracord - 25 ft
- Signaling Mirror
- Backpacking chair
- Trekking poles
- Games \ cards