

## TROOP 33 – BACKPACKING CHECKLIST

Outdoor Essentials
<input type="checkbox"/> pocket knife
<input type="checkbox"/> personal first aid kit (see list below)
<input type="checkbox"/> rain gear (large plastic trash bag will work)
<input type="checkbox"/> flashlight or headlamp
<input type="checkbox"/> extra batteries
<input type="checkbox"/> spare bulb (if flashlight uses bulbs)
<input type="checkbox"/> compass
<input type="checkbox"/> matches in a waterproof container (use strike-anywhere or carry a strike strip)
<input type="checkbox"/> firestarter
<input type="checkbox"/> sunblock
<input type="checkbox"/> insect repellent
<input type="checkbox"/> sunglasses
<input type="checkbox"/> whistle
<input type="checkbox"/> emergency blanket
<input type="checkbox"/> signal mirror
<input type="checkbox"/> 2 water bottles (or equivalent) - filled
<input type="checkbox"/> trail snacks
<input type="checkbox"/> Totin' Chip (if you have earned it)
<input type="checkbox"/> Firem'n Chit (if you have earned it)
<input type="checkbox"/>
Basic Gear
<input type="checkbox"/> backpack
<input type="checkbox"/> backpack rain cover (large plastic trash bag will work)
<input type="checkbox"/> sleeping bag
<input type="checkbox"/> sleeping pad
<input type="checkbox"/>
Kitchen Gear
<input type="checkbox"/> eating utensils (knife, fork, & spoon or spork)
<input type="checkbox"/> plastic bowl/mess kit
<input type="checkbox"/> drinking cup for hot and cold drinks (with measuring cup markings can be useful)
<input type="checkbox"/>
<input type="checkbox"/>
Personal Gear
<input type="checkbox"/> toilet paper in a small Ziploc bag
<input type="checkbox"/> soap
<input type="checkbox"/> small bottle of hand sanitizer
<input type="checkbox"/> lip balm
<input type="checkbox"/> toothbrush & toothpaste
<input type="checkbox"/> small towel
<input type="checkbox"/> 1 or 2 bandanas
<input type="checkbox"/>
<input type="checkbox"/>

Clothing (in addition to what you are wearing)
<input type="checkbox"/> pants – synthetic or wool
<input type="checkbox"/> short sleeve shirt – synthetic is best
<input type="checkbox"/> long sleeve shirt – synthetic or wool
<input type="checkbox"/> hiking shorts
<input type="checkbox"/> socks – 4 pair
<input type="checkbox"/> extra underwear
<input type="checkbox"/> thermal underwear bottoms - synthetic or wool
<input type="checkbox"/> thermal underwear top – synthetic or wool
<input type="checkbox"/> jacket – synthetic or wool
<input type="checkbox"/> hat with brim for shade
<input type="checkbox"/> stocking cap – synthetic or wool
<input type="checkbox"/> gloves
<input type="checkbox"/> hiking boots
<input type="checkbox"/>
Optional Gear
<input type="checkbox"/> wicking sock liners
<input type="checkbox"/> windbreaker jacket
<input type="checkbox"/> sierra cup
<input type="checkbox"/> multi tool
<input type="checkbox"/> inflatable pillow
<input type="checkbox"/> fishing gear
<input type="checkbox"/> camera
<input type="checkbox"/> pen & paper
<input type="checkbox"/> nylon cord – 50 feet
<input type="checkbox"/> sharpening stone
<input type="checkbox"/> 2 or 3 extra one gallon Ziploc bags
<input type="checkbox"/> 2 large plastic trash bags
<input type="checkbox"/> Boy Scout Handbook
<input type="checkbox"/>
Troop Supplied/Shared Gear
<input type="checkbox"/> tent
<input type="checkbox"/> water filter
<input type="checkbox"/> stove
<input type="checkbox"/> cooking pot
<input type="checkbox"/> food
<input type="checkbox"/> map
<input type="checkbox"/> trowel
<input type="checkbox"/>

Personal First Aid Kit
<input type="checkbox"/> adhesive bandages – 6
<input type="checkbox"/> sterile gauze pads, 3 x 3 inch – 2
<input type="checkbox"/> adhesive tape – 1 small roll
<input type="checkbox"/> moleskin
<input type="checkbox"/> antiseptic – 1 small tube or several wipes
<input type="checkbox"/> small scissors
<input type="checkbox"/> nonlatex gloves – 1 pair
<input type="checkbox"/>

Full backpack should not weigh more than 25% of your weight. Remember, you will need to add shared gear to your pack.