

One Night Camping List - summer

Bedding

Sleeping Bag - see book for type
Sleeping Pad

Eating Utensils

Plate/Bowl
Cup
Knife, Fork, Spoon
Water Bottle

Miscellaneous

First Aid Kit
Flashlight (extra batteries +
Extra bulb)
Pocket Knife
Matches and fire starters
Compass
Whistle
33/45 gallon garbage bag
Totin' Chip
Firem'n Chit
Boy Scout Handbook
Trail food

Personal Items

Toothbrush/paste
Toilet Paper (small roll)
Hand Towel/washcloth
Hand Soap (hotel size)
Sunscreen

Clothing

Long Pants* – 1
Long Sleeve Shirt * – 1
Sweatshirt * – 1
T-shirt – 1
Underwear – 1
Thermal underwear
Socks – 3-4 pairs
Hiking Shorts
Hiking Boots
Coat for season and camp location
Hat (knit stocking type)
Hat with brim for shade
Gloves
Rain Gear
(The above items are addition to
what you already wearing)
**synthetic fabric is best*

Optional Items

Watch
Camera
Sunglasses
Paper/Pen/Pencil
Snack Food
Signal Mirror
Solar Blanket
50' rope/clothesline
Money (4-5) for travel food

My weight _____

My backpack should not weigh more than _____ (Your weight times 0.25) for my body weight or 30 pounds - which ever amount is less. Remember, you may need to add food, cooking gear, and parts of a tent to your backpack. Pack for the weather and season but still pack light and smart.

See Scout book and Field Guide for more information