

**NOTE: Electronic devices of all types (including phones) are not allowed on trips.**

Shelter/sleeping

- tent/tent poles/fly/stakes
- sleeping bag
- ground cloth / tarp
- ground pad
- pillow

Water

- water bottle(s)
- purification tablets
- water filter

Food/Cooking

- mess kit
- cup
- utensils
- cooking pot w/ lid
- matches in waterproof container
- trail stove
- fuel bottle or canister
- high-energy snack bars or 'gorp'
- 'bear bag' materials

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Use reusable Ziploc bags for clothing storage or repackaging food; they have dual use for trash. They can help reduce odors in a bear bag and separate food from waste.

Inexpensive, small mesh bags help with keeping similar items together in the backpack; they double as drying bags.

Try to standardize locations when loading your backpack so that you or a buddy can locate items quickly (water, rain gear, first aid kit, etc.)

Hygiene

- hand sanitizer
- toilet paper
- toothbrush
- biodegradable soap
- trowel
- toothpaste

Preparedness, safety & first aid

- flashlight or headlamp
- knife or multitool
- sunscreen
- plastic bags
- sunglasses
- extra batteries
- whistle
- insect repellent
- pack cover
- work gloves
- compass
- cord or rope
- duct tape
- personal first aid kit
- personal medications\*\*

**\*\* - requires parental approval and adult leader administration**

Clothing

- Class A Scout uniform
- hat
- underwear\* (2 pair minimum)
- 'technical' t-shirt\*
- 'technical' pants\*
- shorts/pajamas
- socks\* (2 pair minimum)
- liner socks
- fleece vest/light jacket/sweater (year 'round)
- rain gear [jacket / pants / poncho]
- hiking boots or hiking shoes (waterproofed)
- camp shoes
- stocking hat
- neck gaiter or scarf
- gloves / mittens
- glove liners
- balaclava
- glove liners
- mid-layer top(s)\*  
(long sleeve technical shirt, fleece top, etc.)
- coat / windproof shell
- underlayer pants (NOT cotton long johns)\*
- wind pants
- chemical warming packs ('ToastieToes')

\*Apparel should NOT be primarily cotton! Materials that wick moisture away & dry quickly include silk, polypropylene or other synthetics, and merino wool.

*Italicized items* are optional items (personal preference), shared items or items that may be added/eliminated based on the type of backpacking trip.

T  
R  
O  
O  
P  
  
7  
9  
  
B  
A  
C  
K  
P  
A  
C  
K  
I  
N  
G  
  
C  
H  
E  
C  
K  
L  
I  
S  
T