

# Troop 542

## BACKPACK CHECKLIST

### 10 ESSENTIAL ITEMS:

- |   |  |
|---|--|
| <input type="checkbox"/> Map & Compass  | <input type="checkbox"/> Extra Clothes                     |
| <input type="checkbox"/> Sun Protection | <input type="checkbox"/> Water                             |
| <input type="checkbox"/> Pocket Knife   | <input type="checkbox"/> Waterproof Matches & Fire Starter |
| <input type="checkbox"/> Trail Food     | <input type="checkbox"/> First Aid Kit                     |
| <input type="checkbox"/> Flashlight     | <input type="checkbox"/> Rain Gear                         |

### DAY HIKES: (additional items, depending on where/when you are going)

- |   |   |
|---|---|
| <input type="checkbox"/> Day Pack                                 | <input type="checkbox"/> Food (appropriate for trip)      |
| <input type="checkbox"/> Water Bottle (1 qt min.)                 | <input type="checkbox"/> Garbage Bag                      |
| <input type="checkbox"/> Good Walking Shoes/Boots                 | <input type="checkbox"/> Watch                            |
| <input type="checkbox"/> Socks (dbl if necessary, w/ wool outers) | <input type="checkbox"/> Bandanna or Neckerchief          |
| <input type="checkbox"/> Jacket or Sweater                        | <input type="checkbox"/> Hat (sun / heat loss protection) |
| <input type="checkbox"/> Gloves                                   | <input type="checkbox"/> Lip Protection                   |
| <input type="checkbox"/> Rain Poncho / Rain Gear                  | <input type="checkbox"/> Pocket Knife                     |
| <input type="checkbox"/> Sunglasses                               | <input type="checkbox"/> Toilet Paper                     |
| <input type="checkbox"/> Identification                           | <input type="checkbox"/> Scout Book                       |
| <input type="checkbox"/> Money for Phone / Emergency              |   |

### OVERNIGHT HIKES:

- |   |  |
|---|--|
| <input type="checkbox"/> Pack                     | <input type="checkbox"/> Sleeping Bag & Stuff Sack         |
| <input type="checkbox"/> Tent                     | <input type="checkbox"/> Ground Cloth for Tent             |
| <input type="checkbox"/> Stove & Fuel (optional)  | <input type="checkbox"/> Sleeping Pad                      |
| <input type="checkbox"/> Mess Kit & Utensils      | <input type="checkbox"/> Soap, Toothbrush & Toothpaste     |
| <input type="checkbox"/> Towel                    | <input type="checkbox"/> Small Coil of Rope                |
| <input type="checkbox"/> Camp Shoes / Thongs      | <input type="checkbox"/> Toilet Paper & Trowel Shovel      |
| <input type="checkbox"/> Pack Cover (optional)    | <input type="checkbox"/> Stocking Camp (for sleeping)      |
| <input type="checkbox"/> Space Blanket            | <input type="checkbox"/> Water Purifier                    |
| <input type="checkbox"/> Emergency First Aid Book | <input type="checkbox"/> Paper & Pencil                    |
| <input type="checkbox"/> Game Cards, Book, etc.   | <input type="checkbox"/> Seam Sealer (optional)            |
| <input type="checkbox"/> Sewing Kit (optional)    | <input type="checkbox"/> Pack Repair Kit / Wire (optional) |

For winter camping, wool clothing and thermal underwear is suggested. Layer clothing.

### A WELL-PREPARED PACK:

- Avoid a "Fat Pack":
  - Tie down loose stuff.
  - Compartmentalize.
  - Keep it Tidy! (Your pack is not your bedroom).
  - Roll or fold things tightly.
- Keep your clothes and bag dry:
  - Line your sleeping bag stuff sack with a garbage bag.
  - Put clothes in zip-lock bags.
  - Consider a pack cover or poncho that covers your pack.
- Think light! Even extra batteries add unnecessary weight.
- Center the weight in your pack as much as possible and pack the heaviest stuff closest to your back.
- Know where everything is, and pack it the same way every time.
- Avoid tearing your pack apart to get at stuff you'll need quickly, such as rain gear, first aid kit, water and trail food.
- Avoid taking more than you need. If you brought more than your pack will hold, you probably brought too much!
- Properly store fuel so it won't contaminate food or ruin clothes.
- Don't carry stuff in your hands. It should all go in/on your pack or coat.
- Pack your food to minimize odors. If you smell up your gear, critters might chew it up.