

Shelter/sleeping

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

Water

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

Food/Cooking

Trip menu: see Patrol Planning Form

Stuff I have to remember: _____

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

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 biodegradable soap
- toilet paper *towel*
- toothbrush toothpaste
- chamois towel*

Preparedness, safety & first aid

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

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

Clothing

- Class A Scout uniform [worn to and from event]
- hat or bandana [sunburned scalp is no fun]
- 'technical' t-shirts*
- 'technical' pants* [long pants are a must in certain areas ; 'switchbacks' work well]
- underwear (3 pair min.)
- shorts swim suit(s) beach towel(s)
- pajamas / sleep wear

****Clothing must be in waterproof bags or plastic bags****

- rain gear [jacket / pants / poncho]
- water shoes (closed toe)
- camp shoes (avoid walking around with soggy feet)
- socks*

***Apparel should NOT be primarily cotton!**

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

NO electronic devices (phone, iAnythings or similar devices, MP3 player, portable video game, etc.) on trip.