

Troop 50 Backpacking Gear Checklist

Backpack	Great	OK	Replace	Comments
Pack with padded hip belt o 65-75 liters (Rental available)				
Waterproof Pack cover				
Sleeping System				
Sleeping bag (Lightweight / 20 degree)				
Stuff sack (waterproof)				
Foam sleeping pad				
Clothing (Packed in 1 Gal Ziplock bags)				
Layer A (Hiking Clothes)				
Hiking boots				
Lightweight sneakers or tennis shoes				
Three (3) pair of heavy socks				
Three (3) pair of lighter inner socks				
Three (3) changes of underwear				
Two (2) pair of hiking shorts				
Two (2) short-sleeve shirts				
One hat or cap (wide brimmed)				
Layer B (Cool Evenings)				
One long-sleeve shirt (Wool or flannel)				
One pair of long pants (Not heavy jeans)				
One pair of insulated underwear (Polypro)				
Layer C (Cold)				
One sweater or jacket (Wool or Fleece)				
Stocking Cap (Wool or Polypro)				
Glove liners or mittens (Wool or Polypro)				
Layer D (Cold, Wet, Windy)				
Rain suit or Poncho (A)				
Eating / Drinking				
Mess Kit, Bowl, Spoon, Cup				
Four (4) Liter water containers				
One Liter Nalgene Bottle				
Personal / Miscellaneous				
Small pocketknife or Multi-tool				
Matches / lighter in waterproof container				
Flashlight (small with extra batteries and bulb)				
Two (2) bandanas or handkerchiefs				
Sunglasses (inexpensive)				
Two (2) Ditty bags (bear bag & laundry)				
Lip balm (at least SPF 25) (A) (BB)				
Sunscreen (S) (A) (BB)				
Insect repellent (S) (A) (BB)				
Baby wipes (BB)				
100 ft 550 Para Cord				
Four (4) carbineers				
Hygiene Items				
Biodegradable soap (washing & laundry) (BB)				
Small towel (BB)				
Toothbrush and toothpaste (BB)				
Personal First Aid Kit (A) o Bandages, tape, moleskin, tweezers, scissors, triple antibiotic, hydrocortisone cream,				
Optional				
Camera				
Whistle				
Watch				
Foot powder (BB) (S)				
Notepad and pen				

Note: No cell phones, radios, CD/MP3 players, video game devices, or hammocks. Do not bring deodorant or perfumes.

Key: (BB) Packed together in a plastic bag to be placed in bear bag at night. (S) Share with buddy. (A) Easily accessible in pack or carried on person.