

BACKPACKING CHECKLIST

TEN ESSENTIALS

Pocketknife	
First Aid Kit	
Extra Clothing (see below)	
Rain Gear	
Water Bottle	
Flashlight	
Trail Food	
Matches/Fire Starter	
Sun Protection/Chapstick	
Map/Compass	

BASICS

Backpack	
Rain Cover for pack	
Sleeping Bag	
Sleeping Pad	
Mess Kit (Spoon,Plate Bowl,Cup)	
Soap	
Toothbrush	
Toothpaste	
Comb	
Wash Cloth	
Towel	
Toilet Paper (In ziplock)	
Plastic Trowel	
3 Plastic trash Bags	
Water Purification (Tablet or Filter)	

OPTIONAL ACCESSORIES

Watch	
Camera	
Notebook and Pen	
Sunglasses	
Hat	
Whistle	
Gloves	
Insect Repellent	

CLOTHING

Boots (Broken in)	
Socks (NO COTTON! Wool or Syn)	
Long Underwear (Tops and Bottom)	
Underwear	
T-shirt	
Sweater/Jacket	
Wool or Fleece Cap	
Wool or Fleece Gloves	
Pants/Shorts	
Shirt	

GROUP CAMPING

Food	
Stove & Fuel	
50 Feet of Nylon Cord	
Pots and Pans	
Spatula, Large Spoon	
Scouring Pad	
Dishcloth or Sponge	
Biodegradable Soap	
Trash Bags	
Repair Kit	
Thread, needles,safety pins	
Hot Pot Tongs	
Water Container (One Gallon)	
Stuff Sacks	

PACKING INSTRUCTIONS

When deciding what to bring, remember that you have to carry your share of the patrol gear and provisions as well. As your experience grows, you will be able to determine how much you can comfortably carry. Starting out, do not go over 1/3 of your body weight.

General rule, pack your backpack with heavy items at the bottom and toward the frame. This will center your pack for better balance and reduce shoulder fatigue.

Lighter items should be kept in the top of the pack. Keep the following items in outside pockets or the top of the pack for easy access.

Water Bottle
 First Aid Kit & Sun Protection
 Rain Gear
 Flashlight
 Trail Food
 Fuel (keep in outside pocket)

All bottles or containers with liquid (Soap, toothpaste, sunscreen, etc) should be stored in Zip-Lock bags.

This checklist can be modified by factors such as duration and climate. BE PREPARED !!!