**TROOP 209**

 ***INDIVIDUAL BACKPACKING CHECKLIST***

**For Any Weekend to Several Day Trip**

**NOTE:** ALWAYS check weather forecast. Pack accordingly with enough *layers*, primarily wicking clothes, wool/fleece layers, warm sleeping bag -- particularly in fall, winter and spring. Remember: base wicking layer with fleece/wool over and a windproof shell is a good combination for staying warm and having flexibility. A second fleece/warm layer is recommended in winter temps along with warm hat and gloves. In cold weather sleep with a knit cap. Bring rain gear despite forecast - Be Prepared. If you don’t have some of these items, borrow from another scout or adult in the troop. YOU WILL HAVE NO TIME FOR LAST MINUTE PACKING, SO ADVANCE PREPARATION IS IMPORTANT!!!

This is a checklist: check off items as you get them, and then check off items as you pack them in your backpack.

A. TRAVEL CLOTHING

 We will travel to and from in Class A uniforms (NO neckerchief).

B. ESSENTIAL ITEMS TO PACK IN YOUR BACKPACK

 2 large-mouth water bottles (Nalgene is best - no smell)

 OR Camelback pouch and 1 water bottle. You can

 use several empty one liter seltzer bottles in a pinch.

Optional: Additional smaller (1 quart) bottle for gatorade mix

 Hiking Boots - **WELL BROKEN IN!!**

Your boots should be waterproofed before the trip.

 (2-3) pair of heavy wool or “smart wool” socks (**NEVER cotton!!!)**

(2 pair for weekend trip)

 (2-3) pair of sock liners (2 pair for weekend trip)

 (3) pair of underwear (wicking / Underarmor) (2 pair for weekend trip)

Boxer briefs are much better and will help prevent chafing. No regular boxer shorts and NO cotton.

 (2) long-sleeve wicking shirts (1 only for weekend trip)

 (1) long-sleeve warm shirt - wool or flannel

 (1-2) sweater or fleece jacket (avoid cotton sweatshirt) - for layering

 windproof shell jacket (optional)

 (1-2) pair long pants (or scout zip-off pants) (not jeans - NO cotton!)

One pair for a weekend trip. Two better for longer trips.

 (1) pair long underwear (if forecast is cold)

 Sleep clothing (gym shorts & t-shirt or long underwear if cold)

 Wool knit cap (fall, winter, spring. Sleep in it)

 Pair of gloves or mittens

 bandana or handkerchief

 Waterproof rain jacket and pants (NOT A PONCHO)

 Sleeping bag - rated to 20ºF (water-repellant down is best)

 Compression sack or stuff bag for sleeping bag

 Sleeping pad (backpacking type: foam or Thermarest)

 Backpacking tent (we will figure out tent sharing prior to the trip)

 Bowl (plastic)

 Cup (plastic) (measuring cup can work)

 Eating utensils (a spork is most useful, but just a spoon can work)

 Small “ditty bag” for personal hygiene items and other “smellables”

(To be put in the bear bag at night, so have your name written on it.)

 Personal Hygiene Items: toothbrush & toothpaste

 Small flashlight (head lamp is best); extra batteries for longer trip

 Waterproof backpack cover

 Carabiner and Velcro straps (to hang things on your backpack)

 Ziplock or plastic bags for sleeping bag & clothes

 “Swiss Army” style knife or other pocket knife

 Compass

 Watch

C. OPTIONAL ITEMS TO PACK

 Small pillow

 Small camp towel

 Lip balm [Chapstick] (SPF #30+, w/ UVB & UVA protection)

 Camera

 Playing cards

 Book

 Lightweight camp shoes

 Notepad and writing implement, for personal diary

D. ITEMS FOR INDIVIDUAL SCOUTS

*Please let your adult leader(s) know about any of this!!*

 Personal prescription medication

E. WHAT NOT TO BRING: ***The following are prohibited items:***

Hammocks (you can’t tie anything to a tree)

Open-toe footwear (sandals, flip-flops, etc.)

Fireworks or incendiary items, firearms

Drugs or alcohol of any kind

I-Pod, kindle or other electronics

DS or hand-held computer games

Cell phone (Adults will have cellphones for emergencies. Scouts, please

 leave your cellphone at home.)