

Backpacking – Checklist

1. Food – carry in zipper bags when possible to reduce weight and size of packaging

	Item
	Backpacking Stove / fuel
	Cooking Pot(s)
	Spork
	Can opener (if necessary for meal)
	Matches / Lighter
	Water filter / water bag
	Bear Bag- to hang food at night
	Stirring spoon
	Biodegradable soap with scrubbing pad
	Water Bottles
	Coffee mug with lid
	Napkins / camp mini towel
	Flavored water mixes
	Spices (Salt/pepper/hot pepper)

Weather Forecast For Trip			
	Friday	Saturday	Sunday
High			
Low			

2. Clothes- depending on weather

	Item
	Light jacket / sweatshirt / fleece
	Shorts / Pants
	T-shirts / compression shirts
	Underwear
	Socks
	Emergency blanket
	Hiking boots
	Sneakers or relaxing shoes for camp
	Bandana
	Hat

3. Gear

	Item
	Backpack
	Rain cover for pack
	Tent / Ground cloth
	Sleeping bag / pillow
	Sleeping pad
	Backpacking First Aid kit
	Camera / video camera
	Headlamp (extra batteries)
	Toilet paper

Menu	
	<u>Friday</u>
Snack:	
	<u>Saturday</u>
Breakfast:	
Lunch:	
Dinner:	
Snack:	
	<u>Sunday</u>
Breakfast:	

	Whistle
	Compass
	Hand wipes
	Extra plastic bags (large)
	Scout handbook / pencil / paper (small notebook) in plastic bag
	Sun block
	Rain gear (nylon pants / rain jacket / poncho)
	Bug spray
	Duct tape
	Toothbrush / toothpaste
	Map of area to be covered
	Rope for hanging food / clothesline
	Sunglasses
	Pocket knife (with Totem Chip)
NA	Cell phone
NA	GPS
	Hiking poles
	Medication

Packing your pack

- Fold shirts and roll up in a plastic Zip lock bag
- Keep as many things as possible in Zip lock plastic bags
- Use the forecast to determine necessary clothes