

Backpacking Checklist

(Winter; cold, possibly rainy conditions)

Wear:

- Scout Shirt
- Scout Trousers/Jeans
- Scout Belt
- Scout Neckerchief
- Under Shorts
- T-Shirt
- Scout Socks/Hiking Socks
- Light Hiking Shoes/Athletic Shoes
- Pocket Knife
- Hat or Cap

Pack:

- Pack With Frame
- Ground Cloth
- Sleeping Pad (Ensolite pad or Therm-a-rest type)
- Sleeping Bag (10 degree, synthetic)
- Backpacking Pillow (optional)
- Water Bottle (1 qt.)
- Personal Cook Kit
- Cup
- Bowl

- Spoon
- Toiletries Kit
- Toothbrush
- Toothpaste
- Floss
- Backpacking soap
- Toilette paper
- Hair brush or comb
- Personal First Aid Kit
- Band Aids
- 2" Roller gauze
- 1" Roller adhesive tape
- 2" Sterile pads
- 4" Sterile pads
- Anti-bacterial ointment
- One cravat (triangular bandage)
- Vinyl gloves
- Backpacking or hand towel
- 1 pair extra under shorts
- 1 extra t-shirt
- 2 pair extra socks
- Lightweight slippers for camp
- Long underwear (polyester)
- Rain jacket and pants

- Medium sweater or jacket
- Gloves
- Pajamas or sleeping shorts
- Sleeping cap
- 10 Essentials
- Matches in waterproof container
- Fire Starter (dryer lint, candle, “fire bugs”, etc.)
- Small flashlight with extra batteries and bulb
- Emergency whistle
- Emergency “Space Blanket”
- Compass
- (pocket knife, see above)
- (extra clothing, see above)
- Extra Food (2 or 3 power bars)
- Water (see above) and water purification tablets
- 3 or 4 jumbo, plastic trash bags