

## Troop 464 Backpack Checklist

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### The 10 Essentials: (to be carried at all times)

#### To Find You Way

- \_\_\_\_\_ Compass
- \_\_\_\_\_ Map
- \_\_\_\_\_ Flashlight (extra batteries)

#### For Your Protection

- \_\_\_\_\_ Sunglasses, leash (side shields good)
- \_\_\_\_\_ Extra Food (trail snacks, etc)
- \_\_\_\_\_ Extra Warm Clothing

### Individual Gear

- \_\_\_\_\_ backpack
- \_\_\_\_\_ pack cover (large trash bag OK)

#### **Sleep Gear**

- \_\_\_\_\_ sleeping bag (should be light)
- \_\_\_\_\_ sleeping pad
- \_\_\_\_\_ straps to hold on sleeping bag
- \_\_\_\_\_ wool cap
- \_\_\_\_\_ long johns
- \_\_\_\_\_ underwear/clean socks(to sleep in)

#### **Personal Emergency Kit**

- \_\_\_\_\_ Whistle
- \_\_\_\_\_ Watch
- \_\_\_\_\_ emergency blanket

#### **Personal Eating Gear**

- \_\_\_\_\_ Silverware set (plastic)
- \_\_\_\_\_ bowl/cup
- \_\_\_\_\_ sack lunch for Saturday on the trail
- \_\_\_\_\_ money for lunch coming back Sunday

#### **Water**

- \_\_\_\_\_ 2-qts per person
- \_\_\_\_\_ (make sure they don't leak)

#### For Emergencies

- \_\_\_\_\_ Matches (in waterproof container)
- \_\_\_\_\_ Fire starter (candle, heat tabs, etc.)
- \_\_\_\_\_ Pocket Knife
- \_\_\_\_\_ First Aid Kit (include moleskin, tape)

#### 11th Essential

- \_\_\_\_\_ Toilet paper (the 11th essential)

### **Clothing to Wear**

- \_\_\_\_\_ Socks(2-pair)-pile or wool & thin liner
- \_\_\_\_\_ Boots (break them in!!)
- \_\_\_\_\_ Long Pants
- \_\_\_\_\_ Hat or Cap
- \_\_\_\_\_ wool or pile for layering in cold weather)
- \_\_\_\_\_ Parka or Jacket (wind & water resistant)

### **Clothes to carry**

- \_\_\_\_\_ extra clothes (you don't need many)
- \_\_\_\_\_ socks, 2-pairs
- \_\_\_\_\_ camp shoes or sandals for camp use
- \_\_\_\_\_ poncho/rain gear

### **Cleanup kit**

- \_\_\_\_\_ Toilet Kit
- \_\_\_\_\_ --toothbrush/paste
- \_\_\_\_\_ --comb/brush/hair stuff
- \_\_\_\_\_ --biodegradable soap (camp soap)
- \_\_\_\_\_ --small towel/washcloth
- \_\_\_\_\_ --sunscreen
- \_\_\_\_\_ trash bag
- \_\_\_\_\_ toiletry shovel (orange shovel)

### By Patrols - to be coordinated/distributed by the patrol leader

#### **Tent**

- \_\_\_\_\_ ground cloth/poles/fly

#### **Cook Gear**

- \_\_\_\_\_ Cook stove/windscreen
- \_\_\_\_\_ fuel
- \_\_\_\_\_ matches
- \_\_\_\_\_ cook kits ( enough for menus planned)
- \_\_\_\_\_ cooking utensils
- \_\_\_\_\_ pot scrubber

#### **Food for meals**

- \_\_\_\_\_ dinner
- \_\_\_\_\_ breakfast

#### **Other group gear**

- \_\_\_\_\_ toilet paper
- \_\_\_\_\_ garbage bags
- \_\_\_\_\_ cord or rope
- \_\_\_\_\_ collapsible water bucket

Keep it Light!!! A good guideline is to keep your total pack weight at 1/4 of the boys weight. (1/3 max!!)  
Sports Chalet rents packs and light sleeping bags. They will fit the equipment to the boy.