

BACKPACKING CHECKLIST

Plan Pack Used

Shelter & Sleeping

- ○ ○ Backpack
- ○ ○ P Ground cloth (one per tent)
- ○ ○ Pack cover or large trash bag
- ○ ○ Sleeping bag & stuff bag (use trash bag in stuff bag for rain/snow)
- ○ ○ Sleeping pad (3/4 length okay)
- ○ ○ Straps (attach bag, tent, etc.)
- ○ ○ P Tent (incl. poles & stakes)
- ○ ○ _____
- ○ ○ _____

Boots & Clothing

- ○ ○ Bandanna or handkerchief
- ○ ○ Belt or suspenders (as needed)
- ○ ○ Camp shoes or sandals
- ○ ○ ★ Extra clothing for emergency (part of regular clothing)
- ○ ○ Heavy socks w/ extra pair (No Cotton)
- ○ ○ Hiking boots (waterproofed)
- ○ ○ Knit cap or balaclava (wool or fleece; depends on weather)
- ○ ○ Liner socks w/ extra pair (polypropylene or similar)
- ○ ○ Long sleeve shirt (depends on weather)
- ○ ○ S Long underwear (polypropylene preferred, No Cotton)
- ○ ○ Mittens or gloves (wool, fleece, etc.)
- ○ ○ Pants (depends on weather)
- ○ ○ Rain gear
- ○ ○ Short gaiters (keeps rocks & scree out of boots)
- ○ ○ Shorts (depends on weather)
- ○ ○ Sun hat
- ○ ○ Sweater or extra shirt
- ○ ○ Tee shirts ____ (plan one per day except long trips)
- ○ ○ Underwear
- ○ ○ Warm jacket (depends on weather)
- ○ ○ Wind breaker (can be rain gear)
- ○ ○ _____
- ○ ○ _____

Cooking & Eating

- ○ ○ ★ Extra Food (for emergency)
- ○ ○ Bowl
- ○ ○ Cup
- ○ ○ Spoon
- ○ ○ P Aluminum foil (heavy duty)
- ○ ○ P Bear canister
- ○ ○ P Bear rope (50+ ft - 1/4 to 1/2 in diam.)
- ○ ○ P Camp suds (soap) sponge & scouring pads
- ○ ○ P Cooking gear (pots & pans)
- ○ ○ P Food (divide among crew)
- ○ ○ P Fuel (white gas or propane)
- ○ ○ P Matches or lighter
- ○ ○ P Oil & juice bottles
- ○ ○ P Paper towels
- ○ ○ P Plastic bags
- ○ ○ P Spices (salt, pepper, & others as needed)
- ○ ○ P Stove & windscreen (white gas or propane)
- ○ ○ P Stove repair kit
- ○ ○ P Utensil set (spatula, spoon, etc.)
- ○ ○ P Water jug, collapsible (4-10 lit)
- ○ ○ _____
- ○ ○ _____

Plan Pack Used

Safety & Comfort

- ○ ○ ★ Compass
- ○ ○ ★ Fire starter (candle, etc.)
- ○ ○ ★ Flashlight w/ extra bulb & batteries
- ○ ○ ★ Individual First Aid Kit
- ○ ○ Insect repellent (no more than 30% DEET)
- ○ ○ ★ Maps of area (topo maps are best)
- ○ ○ ★ Matches & waterproof case
- ○ ○ P Metal or plastic mirror
- ○ ○ Money & telephone coins
- ○ ○ Nylon parachute cord (50 ft)
- ○ ○ Pencil & paper (for note taking, journal, etc.)
- ○ ○ ★ Pocket knife
- ○ ○ P Small Repair Kit
- ○ ○ Small washcloth & towel
- ○ ○ ★ Space blanket
- ○ ○ ★ Sun glasses w/ strap
- ○ ○ ★ Sunscreen
- ○ ○ ★ Toilet Paper (in plastic bag)
- ○ ○ Toothbrush & paste
- ○ ○ P Trowel (for sanitation)
- ○ ○ ★ Water bottles (2 -1 liter) or dromedary bag (2 lit)
- ○ ○ P Water filter or purifier tablets
- ○ ○ ★ Whistle
- ○ ○ _____
- ○ ○ _____

Optional Gear

- ○ ○ Binoculars (small)
- ○ ○ Camera & film
- ○ ○ Daypack or fanny pack
- ○ ○ Fishing gear
- ○ ○ Fishing license (age 16 and older)
- ○ ○ P Knife sharpener
- ○ ○ Swimsuit
- ○ ○ Watch
- ○ ○ _____
- ○ ○ _____
- ○ ○ _____
- ○ ○ _____

Additional Gear for Snow Camping

- ○ ○ S Cross country skis, boots & poles
- ○ ○ SP Extra fuel
- ○ ○ S Extra full-length sleeping pad
- ○ ○ SP Extra ground cloth for inside tent
- ○ ○ S Foam pads (for sitting & cooking)
- ○ ○ SP Large pot (for melting snow)
- ○ ○ S Long gaiters (knee high)
- ○ ○ S Over-mittens or gloves (waterproof)
- ○ ○ S Pile or wool pants
- ○ ○ SP Plastic bags for tent deadmen stakes (one per stake)
- ○ ○ S Plastic trash bags (33 gal or larger)
- ○ ○ S Ski pole w/ repair kit
- ○ ○ S Sleeping bag liner
- ○ ○ SP Snow shovel
- ○ ○ S Snowshoes
- ○ ○ ★ Sun glasses with side protections or ski goggles
- ○ ○ S _____
- ○ ○ S _____

Note: Keep total pack weight to 25-30 percent of body weight if possible

Adjust list to match trip length, conditions and personal needs.

● Solid dot is required equipment for all trips; use best judgment for other items depending on menu, weather & conditions

P Patrol gear - Split up among patrol with food

★ Ten Essentials - Keep in a small stuff sack or day pack

S Snow camping equipment; depends on type of trip and activities

Use blank lines to add extra items if really necessary. Use good judgment.

After the trip, go through what you brought and decide whether you used each item. If not a Ten Essential, consider leaving home next time.