

Backpack Trip CheckList

Ten Essentials Plus

- Headlamp w/ extra batteries
- Tent Lamp - lightweight (optional)
- Emergency Blanket
- First Aid Kit
- Sun Screen - travel size
- Knife
- Map and Compass
- Paper / pens
- matches
- whistle
- Bug Spray - travel size
- Rain gear: waterproof - jacket and pants or poncho
- Emergency food

Packs

- Backpack 55-60L
- Backpack Cover or garbage bag

Water

- 64 Ounces (Minimum)

Cloths

- Jacket / windbreaker: synthetic, lightweight
- ~~Thermal Pants - Synthetic material preferred (Base Layer)~~
- ~~Thermal Shirt - Synthetic material preferred (Base Layer)~~
- Short sleeve shirt - Synthetic material preferred
- Long Sleeve Shirt or fleece - Synthetic material preferred
- Camp shoes - lightweight; nothing open toed.
- ~~1 Extra Pants - Synthetic material preferred~~
- 1 extra pairs socks / wool / synthetic heavy duty
- 1 extra pairs underwear
- Gloves (optional)
- ~~Stocking Cap: wool or synthetic~~
- Hat with visor
- Day Pack
- Mosquito head net (optional)
- Hiking Boots with ankle support (no tennis shoes)

Personal Items

- 2 32oz Water bottle - (64oz) filled w/water
- or CamelBak 2 Liter (optional)
- Mess Kit (Spoon, cup, bowl)
- Biodegradable Soap - travel size
- Toilet paper - travel size
- Wet wipes - travel size (optional)
- Paper Towels - 2-3 sheets
- Quick-drying towel
- 2 1 gallon Zip Lock Bags
- ~~Hand Sanitizer - travel size~~
- Tooth Brush w/Toothpaste - travel size
- Floss (optional)
- Handkerchief/bandana
- Sleeping bag w/water proof bag or garbage bag
- Sleeping pad
- Pillow case or backpacking pillow
- Trail Food - not to be confused with emergency food

*** Backpacks should weigh no more than 25% of the scouts body weight!**