

Troop 224 – Oak Ridge, TN

Spring Backpacking Checklist

M = Mandatory
R = Recommended
O = Optional

General Equipment	
M	Backpack. 50-65 liter capacity
M	Waterproof pack cover or large garbage bag
M	Sleeping bag, mummy style in stuff sack. Rated to 30 degrees or colder
M	Ground pad – This is important for insulating you from the ground
M	Tent (share with partner)
R	Trekking poles
Clothing (wear one set of suitable synthetic clothing, pack one set in a waterproof sack)	
M	Hiking boots – WATERPROOF. Athletic shoes ('sneakers') not acceptable.
M2	Hiking socks (wear one pair, pack one pair)
R2	Lightweight, wicking sock liners (wear one pair, pack one pair)
M2	Undershorts (wick-away synthetic, NOT cotton)(wear one, pack one)
M	Long pants or zip off pants (nylon, NOT cotton – NO jeans)
M2	Synthetic T-shirt (base layer) (wear one, pack one)
M	Long sleeve synthetic shirt (mid layer)
M	Long sleeve fleece jacket or pullover (insulating layer)
M	Rain gear – Jacket and Pants (waterproof shell)
M	Wool or acrylic (synthetic) gloves
O	Slip-on camp shoes (crocs, vans)
First Aid (In Small 1-quart Freezer/Heavy Duty Ziploc)	
M	Assorted band aids, tape, and gauze
M	Sunscreen – SPF 30 minimum
M	Antibiotic cream
M	Moleskin
M	Immodium, pepto bismol, benadryl, ibuprofen tablets in labeled packets
Cooking	
M2	Water bottle – 1 liter Nalgene
M	Water purification tablets or filter system
M	Mess kit with cup, bowl, and spoon
M	Cook pot and pot gripper for boiling water (one per team)
M	Wooden strike-on-box matches in ziploc bag
M	Lighter and flint striker
M	Food for planned meals and snacks – coordinate with partner
M2	1 gallon ziploc bags and Walmart bags for trash
Miscellaneous	
M	Headlamp AND small flashlight with new batteries
M	Full set of extra batteries for BOTH the headlamp and flashlight
M	Swiss Army knife or small multi-tool (<i>no sheath knives or blades over 3 inches permitted</i>)
M	Toilet paper/paper towels in small ziploc bag
R	Baby wipes in small ziploc bag (4-6)
M	Whistle – plastic with loud sound. Attached to pack.
M	50 feet of light nylon cord and a caribiner for bear bag/clothesline
M	Toothbrush, toothpaste, deodorant, and chapstick. TRAVEL SIZE
R	Small plastic trowel
R	Firestarter (cotton balls with vaseline in a small prescription bottle works well)
R	Duct tape (wrap around trekking pole or pencil as a storage option)
R2	Bandana (all-purpose hot pad, sling, kleenex, dish rag, etc)
R	Prescription medications in original containers – coordinate with Scoutmaster