

Troop 224 – Oak Ridge, TN  
**Summer Backpacking Checklist**

M = Mandatory
R = Recommended
O = Optional

<b>General Equipment</b>	
M	Backpack. 50-65 liter capacity
M	Waterproof pack cover or large garbage bag
M	Sleeping bag, mummy style in stuff sack. Rated to 40 degrees
M	Ground pad – This is an important for insulating you from the ground
M	Tent (share with partner)
R	Trekking poles
<b>Clothing (wear one set of suitable synthetic clothing, pack one set in a waterproof sack)</b>	
M	Hiking boots or sturdy athletic shoes
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)
M	Synthetic T-shirt (base layer)
M	Rain gear – Jacket and Pants (shell)
O	Slip-on camp shoes (crocs, vans)
<b>First Aid (In Small 1-quart Freezer/Heavy Duty Ziploc)</b>	
M	Assorted band aids, tape, and gauze
M	Antibiotic cream
M	Moleskin
M	Immodium, pepto bismol, benadryl, ibuprofen tablets in labeled packets
<b>Cooking</b>	
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	Strike anywhere matches in a watertight container
M	Lighter and/or flint striker
M	Food for planned meals and snacks – coordinate with partner
M2	1 gallon ziploc bags and Walmart bags for trash
<b>Miscellaneous</b>	
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
M	Whistle – plastic with loud sound. Attached to pack.
M	25 feet of light nylon cord and a caribiner for bear bag/clothesline
R	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