

# Troop 224 – Oak Ridge, TN Winter Backpacking Checklist

M = Mandatory
R = Recommended
O = Optional
* - Available in Troop Room

General Equipment	
M	Backpack. 50-65 liter capacity*
M	Waterproof pack cover or large garbage bag*
M	Sleeping bag, mummy style, rated to 20 degrees or colder*, in stuff sack, waterproof.
M	Ground pad – This is an 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	Waterproof hiking boots
M2	Insulated hiking socks (wear one pair, pack one pair). Wool.
M2	Lightweight, wicking sock liners (wear one pair, pack one). Nylon.
M2	Undershorts (wick-away synthetic, NOT cotton)(wear one, pack one)
M	Long pants (nylon or poly, NOT cotton – NO jeans)(to wear)
M	Synthetic T-shirt (base layer)
M	Long sleeve fleece or wool blend shirt/jacket (mid layer)
M	Parka (down or fiberfill ski jacket) (outer layer)
M	Rain gear – Jacket and Pants (shell)
M	Stocking cap – fleece or wool blend
R	Long underwear. Silk or polypropylene.
M	Wool or acrylic liner gloves
M	Waterproof gloves or mittens
O	Long fleece pants for camp/sleeping
O	Slip-on camp shoes (crocs, vans)
First Aid	
M	Assorted band aids, tape, and gauze
M	Antibiotic cream
M	Moleskin
R	Immodium, pepto bismol, benadryl, ibuprofin tablets in labeled packets
Cooking	
M2	Water bottle – each 1 liter Nalgene, wide mouth recommended
M	Water purification tablets or filter system
M	Mess kit with cup, bowl, and spoon
M	Backpacking stove and isobutane fuel canister (one per team)
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
M	1 gallon ziploc bags, 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
M	Whistle – plastic with loud sound. Attached to pack.
M	25 feet of light nylon cord and a carabiner 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)
R	Bandana (all-purpose hot pad, sling, kleenex, dish rag, etc)
R	Prescription medications in original containers – coordinate with Scoutmaster

Partner's name and phone number: \_\_\_\_\_  
 Senior Patrol Leader name and phone number: \_\_\_\_\_  
 Meeting time and place: \_\_\_\_\_