

Overnight Backpacking Checklist

1. Personal Backpacking Gear	
<input type="checkbox"/> Backpack (internal or external frame pack - 3,000+ cu. in.)	<input type="checkbox"/> Backpack cover (large plastic heavy duty trash bag)
<input type="checkbox"/> First-aid kit	<input type="checkbox"/> Headlamp or small flashlight (with extra batteries/bulbs)
<input type="checkbox"/> Pocket knife	<input type="checkbox"/> (2) 1-liter (32 oz) water bottles
<input type="checkbox"/> Matches (in waterproof container) and fire-starter	<input type="checkbox"/> Compass
<input type="checkbox"/> Sleeping bag or zippered fleece blanket	<input type="checkbox"/> Sleeping pad
<input type="checkbox"/> (1) 15-18 ft. 3/8 dia. in. rope	<input type="checkbox"/> Whistle
<input type="checkbox"/> Insect repellent (pump spray – non aerosol)	<input type="checkbox"/> Emergency trail food (i.e. energy bars)

2. Personal Warm Weather Clothing (2-night, 3-day trip)	
<input type="checkbox"/> (1) Quick-drying hiking shorts	<input type="checkbox"/> Light weight fleece jacket or wool sweater
<input type="checkbox"/> (2) Short-sleeved, (1) Long-sleeved shirts	<input type="checkbox"/> (3) Underwear
<input type="checkbox"/> Rain gear (hooded)	<input type="checkbox"/> Hat or cap
<input type="checkbox"/> (2) Hiking socks – wool or wool blend, (1) cotton	<input type="checkbox"/> Trail shoes or hiking boots (water proof or repellent)

3. Personal Hygiene Items	
<input type="checkbox"/> Toothbrush, toothpaste, and floss	<input type="checkbox"/> Lip balm (with sun protection)
<input type="checkbox"/> Face cloth or small hand towel	<input type="checkbox"/> (1) small bar soap
<input type="checkbox"/> Toilet paper (not a whole roll, about 10 ft)	<input type="checkbox"/> Trowel (plastic shovel)
<input type="checkbox"/> 1- waterless sanitizer	<input type="checkbox"/> (2) large and (2) small Ziploc bags (spares)

4. Personal Eating Kit	
<input type="checkbox"/> Plastic bowl or plate	<input type="checkbox"/> Plastic or metal insulated drinking cup
<input type="checkbox"/> Eating utensils: spoon, knife (fork optional)	<input type="checkbox"/>

5. Optional personal items	
<input type="checkbox"/> Camera and film	<input type="checkbox"/> Repair/sewing kit
<input type="checkbox"/> Notebook and pencil	<input type="checkbox"/> Bandanna
<input type="checkbox"/> Watch/alarm clock	<input type="checkbox"/> Head (insect) net
<input type="checkbox"/> Hiking staff or pole	<input type="checkbox"/> Gaiters (helps to keep boots dry)
<input type="checkbox"/> Sunglasses	<input type="checkbox"/>

6. Team Gear (teams of 2 or 3 scouts split up these items)	
<input type="checkbox"/> Backpack stove and fuel (canister) --[troop inventory]	<input type="checkbox"/> Food (for all meals – breakfast, lunch, and dinner)
<input type="checkbox"/> 2-quart cook pot --[troop inventory]	<input type="checkbox"/> Matches (in a Ziploc)
<input type="checkbox"/> Kitchen size plastic garbage bag (one for each scout)	<input type="checkbox"/> Biodegradable soap
<input type="checkbox"/> Pot scrubber, dish towel	<input type="checkbox"/> Nylon stuff sack for food items
<input type="checkbox"/> (2) Tarps (8X10 poly) --[troop inventory]	<input type="checkbox"/> (4) 25-foot, 1/4 - 3/8 inch cords --[troop inventory]
<input type="checkbox"/>	<input type="checkbox"/> (4) Tent stakes --[troop inventory]

6. Group Gear (For all teams – supplied by the troop)	
<input type="checkbox"/> Water filtration system and water purification tablets (iodine)	<input type="checkbox"/> 1-liter Nalgene jar
<input type="checkbox"/> (2) 50-75 foot, 1/4 inch nylon ropes	<input type="checkbox"/> Group 1 st Aid kit
<input type="checkbox"/> (2) Nylon stuff sacks	<input type="checkbox"/> Water bucket (collapsible)
<input type="checkbox"/> Trail maps (one for each hiker)	<input type="checkbox"/>

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Notes

Personal first-aid kit should include:

Bandages:

- (6) assorted adhesive bandages, (1) small roll adhesive tape, (1) 3X6 inch *moleskin*, (2) 3X3 inch sterile gauze pads

Drugs/lotions:

- (6) aspirin or Tylenol, (1) small tube antiseptic, sunscreen, and any prescription medicines

First-aid tools:

- tweezers, compact scissors, razor blade or knife

Optional drugs/lotions:

- burn ointment and Caladryl (for relief of skin irritations), antacid tablets,

Optional items:

- handy wipes, plastic gloves, eye pads, and a small (unbreakable) mirror,

(These items can be purchased separately and stored in a Ziploc bag.)

Pack size and weight guidelines:

There are two basic kinds of backpacks internal frame and external frame. Since both types are excellent choices it becomes a matter of personal preference. A backpack is essentially carried on the hips – not on the shoulders. Therefore a good backpack must have a well designed “weight-bearing” hip belt. Since scouts will continue to grow a backpack must also be adjustable to match his height. The capacity of the backpack should run between 3,000 to 4,500 cubic inches to be able to carry enough gear and food for a long weekend.

As a rule of thumb a scout’s pack weight should not exceed 25 - 30% of his body weight. A range of 20 - 25% is preferred. Load your pack with everything and make sure your water bottles are full. Stand on your weight scale without your pack to get your unloaded weight. Then put your pack on your back and step onto the scale again. The difference will be your pack weight. Divide your unloaded weight into your pack weight to get your percentage. For example, your unloaded weight is 92 lbs and your pack weight is 24 lbs then your percentage is 26%. To be more precise you have to adjust for the food you will be carrying. If you were to add 4lbs for food your percentage would rise to 29%.

This means that you must have it in mind to eliminate any unnecessary weight. Remove any unnecessary packaging or accessories. Choose the smallest size for any containers. Remember, you will only need a sufficient quantity for 3-days.

Storing gear:

All that the scout has is what is in his pack and therefore must be protected from the weather. The sleeping bag if carried on the outside of the pack must be kept in a waterproof stuff sack. Everything inside the pack should be stored in Ziploc bags. This will also help to organize the items in the pack. Pack covers can be expensive, but an inexpensive alternative is to use a heavy duty trash bag.

Clothing:

Clothing is the first line of defense against the elements. Wool, wool blends, or synthetics are the best choice as they will insulate even when wet. Cotton clothing loses its ability to insulate when wet, but in hot temperatures the evaporation will have a cooling effect. The answer is to dress in layers. If it gets cool, a fleece or wool sweater will maintain warmth.

Hiking socks made of wool or wool blend are the best choice.

Trail shoes or hiking boots will help maintain foot support while hiking and keep the feet dry. Sneakers offer only minimal support and are not water proof or water resistant and will increase the probability of blisters. Trail shoes are less expensive than hiking boots but will work well for weekend backpack trips. Choose the type that is cut above the ankle and make sure the fit is correct. Too roomy allows the foot to move around causing friction and will lead to blisters.

Food:

Food is the most important item; at least to the boys. Menu planning is much different than the typical troop campouts; the boys will not be carrying coolers. Therefore food choices are quite a bit different when food freshness is a major concern. The meals will be primarily made up of dried or dehydrated foods which require water for cooking; for example, instant oatmeal for breakfast. There is much flexibility in the variety of foods that can be brought on a weekend backpacking trip. Repackaging the foods will keep the amount of weight down and eliminate any excess trash that has to be carried. Put the food contents of the container into a Ziploc, cutout the cooking instructions and add it to the bag, then add any other dry ingredients; powdered milk, sugar, spices, etc.

Emergency food is an essential item to be carried on every trek. A small bag of trail mix, dried fruit, and energy bars will ensure that there’s something to eat regardless of delays, emergencies, or other challenges.