

Troop 6 Backpacking Checklist

Note: This is just a guide, there are items that can be sharred between scouts to reduce pack weight. Each Scout needs to also have a **small bag that stays in the car** with a clean class B shirt, deoderant, and any items the scout wants for the drive to and from the trail.

The Ten Essentials (for safety, survival and basic comfort)			
1.	Navigation and Safety ☐ Map (provided by Troop) ☐ Compass ☐ William	6.	Fire ☐ Matches or lighter ☐ Fire starter (for emergency survival fire)
3.	☐ Whistle Sun protection ☐ Sunscreen and lip balm ☐ Sunglasses Insulation ☐ See Clothing Illumination ☐ Headlamp or flashlight ☐ Extra batteries	8.	Repair kit and tools ☐ Knife or multi-tool ☐ Duct tape strips; repair kits as needed Nutrition ☐ Extra nutrition bar (only for emergencies) Hydration ☐ Water bottles (2x32oz min) or eqiv bladder ☐ Water purification tablets or filtration system (troo
5.	First-aid supplies		provides but if have bring)
	☐First-aid kit (small individual use)	10.	Emergency shelter
Be	yond the Ten Essentials		□reflective/emergency blanket
	Backpack (internal or external frame required) Tent, tarp or bivy sack (with stakes, guidelines) Footprint Sleeping bag (Rated to coldest anticipated temperature plus 10 degrees) Sleeping pad Trekking poles (optional)		Meals Energy food (bars, gels, chews, trail mix) Energy beverages or drink mixes Stove (age restricted see troop policy) Fuel Cook pot Utensil(s) Measuring cup/mug Food-storage sacks or bear canister Length of nylon cord (5' - 20')
Clothing Options (NO COTTON, Wicking synthetic clothing only!!!! PACK FOR LAYERS BUT DO NOT OVERPACK)			
V C t C	Vicking T-shirt (max 1 per day) Vicking underwear (max 1 per day) Quick-drying shorts (optional depending on emperature) convertible pants or light weight pants cong-sleeve shirt (for sun, bugs) Bandana or buff		nsulating fleece jacket Rain jacket !!!!!!! Rain pants (optional) Sun-shielding and insulating hat/cap Gloves or mittens (lightweight) Long underwear (tops and bottoms) Gleeping clothing (only used in tent)
Footwear; Assorted Personal Options			
	Hiking shoes or boots (no tennis shoes) Gocks (synthetic or wool) Gaiters (optional) Insect repellent (optional) Toilet paper Sanitation trowel Hand sanitizer Toothbrush/Toothpaste (small or disposable) Camera (optional)		