

## Backpacking Checklist - BSA Troop 184

	REQUIRED ITEMS	RECOMMENDATIONS
	Backpack - all items secure and tight to the pack	
	Sleeping bag (temperature appropriate for weather; bag liner, if necessary)	
	Pack weather cover	
	Sleeping pad (Thermarest or other lightweight pad)	
	Small, lightweight flashlight or headlamp	
	2 liters of water - reservoir or bottles (smart-water bottles)	
	Drinking cup	
	Eating utensil	
	Plate or bowl	
	Personal first-aid kit (with band-aids, KT tape/moleskin, Polysporin/Neosporin, etc.)	
	Thermal Layer - Fleece jacket, other warm outerwear, hat, gloves (see weather)	
	Change of clothes (NO COTTON)	
	Wool or Synthetic Socks	
	Hat (for sun)	
	Raingear	
	Pocketknife	
	Crocs or close-toed camp shoes (no flip-flops or open-toed footwear)	
	20 ft. lightweight cord (for clothesline or emergency use; paracord)	
	Small towel or washcloth	
	Toiletries (SMALL quantities of: toothpaste, toothbrush, soap, comb, etc.)	
	Trowel, Toilet paper (small roll(s), in plastic bag)	
	Insect repellant (small bottle)	
	Sunscreen (small bottle)	
	Fire starter (matches or lighter)	
	Compass	
	Maps & trail descriptions (print your own; see email)	
	Tent (to be provided by Troop at shake-down)	
	Food (to be provided by Grubmaster at shake-down)	
	Leave room for your share of Troop gear: Bear bag/stove/pots/pans/water filters/fuel (to be provided by Troop at shake-down)	

### OPTIONAL ITEMS

Lightweight pillow (stuff sack plus clothes can work)

Wristwatch

### CONTRABAND

**COTTON! E.g. Jeans, Socks**

**Excessive amounts of extra food, candy, or beverages (remember, food will be split amongst buddies)**

**Any electronic equipment (cell phones, game boys, radios, etc.)**

**Extra shoes or boots**