

## 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 repellent (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**