

Troop 412 Gear CheckList - Backpacking
Remember, weight is key for backpacking!

Essentials

- △ Trail Life Handbook
- △ Backpack
- △ Tent (share load with tent buddy)
- △ Sleeping Bag
- △ Foam or air filled sleeping Pad
- △ Pocketknife (only with Totin' Chip)
- △ Matches/Fire starter (only with Fireman Chit)
- △ Personal First-aid kit
- △ Extra Clothing
- △ Rain gear or poncho
- △ Water bottle
- △ Flashlights (two, small)
- △ Small signaling mirror
- △ Small emergency food cache (Energy bars, granola)
- △ Sun Protection
- △ Map and Compass
- △ Whistle (Pea-less)
- △ Rope (approx 30' for bear bag, knot practice, repairs, emergency shelter, etc.)
- △ Bear Bag
- △ 2 Trash Bags (multi uses, bright color if possible)
- △ Emergency water purification tablets

Clothes

(No cotton clothing in cold weather. Use a polyester base layer and wool outer layers including socks. Layering is a very important concept when backpacking to maintain a comfortable body temp without getting overheated)

- △ Hat for sun protection
- △ Underwear
- △ Socks
- △ Pants
- △ Shorts
- △ Gloves as needed
- △ Short sleeve shirt
- △ Long sleeve shirt
- △ Sweatshirt (or appropriate jacket)
- △ Swimsuit
- △ Hiking Boots or appropriate closed toe footwear

Personal Hygiene

- △ Toothbrush
- △ Toothpaste (in baggy)
- △ Dental Floss
- △ Soap
- △ Comb
- △ Waterless hand cleaner or wipes
- △ Small hand towel
- △ T.P (Toilet Paper)
- △ A small lightweight trowel for digging a latrine

Cooking and Eating Utensils

- △ Personal mess kit
- △ Cup or Insulated Mug
- △ Water Treatment system (check with your SPL or Troop Guide)
- △ Backpacking Stove with Fuel (or share as per your Patrol Leader's plan)
- △ Trail Snacks (high energy, no peanuts please)
- △ Cooking pots & pans – as per your meal plan
- △ FOOD – as per your meal plan

Extras to consider

- △ Watch
- △ Camera
- △ Notebook
- △ Pen or Pencil
- △ Sunglasses
- △ Small Musical Instrument
- △ Insect Repellent
- △ Hiking Stick or trekking poles
- △ Binoculars
- △ Fishing Gear
- △ Camelback hydration system

FYI Trailmen, the **ten essentials** should be with you in your pack on every outing. These essentials are listed in your Trailman Handbook and will allow a trailman to survive in the outdoors in most emergency situations.

1. ___ Pocketknife (w/ Totin' Chip)
2. ___ First aid kit
3. ___ Extra clothing
4. ___ Rain gear
5. ___ Water bottle (1 liter)
6. ___ Flashlight or headlamp
7. ___ Trail food
8. ___ Matches/Fire starter (w/ Firem'n Chit)
9. ___ Sun protection
10. ___ Map and compass