

BACKPACK CAMPING EQUIPMENT CHECK LIST

SAFETY/EMERGENCY GEAR

- Whistle
- Map & Compass*
- First-Aid Kit*
- Medications
- Band-Aids, Chapstick, Asprin
- Canteen/Water Bottle (2 qts)*
- Pocket Knife*
- trail Food*
- Granola Bars, Dried Fruit, Nuts
- Pretzels and/or Hard Candy
- Waterproof Matches*
- Candle*
- Rain Gear or Poncho*
- Sunglasses*
- Hat
- Sunscreen/Block-out
- Insect Repellant

CLOTHING

Standard Clothing Needs:

- Long Pants
- Short Pants
- Hiking Boots
- Extra Pair of Shoes (Optional Tennis Shoes)
- Underwear (Extra for Multiple Days)
- Wool Socks & Liners (Including Extra)
- Short Sleeve Shirts
- Long Sleeve Shirts
- Bandana

Cold Weather:

- Thermal Underwear
- Wool Cap
- Jacket or Coat
- Gloves
- Extra Clothing (For Layers)

PERSONAL HYGIENE

- Biodegradable Soap
- Washcloth & Hand Towel
- Toothbrush & Toothpaste
- Toilet Paper & Small Spade
- Polished Steel Mirror
- Comb

FOOD

- Meals Planned as a Group
- Snack - Trail Mix

CAMPING GEAR

- Tent, Ground Cloth & Stakes
- Sleeping Bag (20 deg) & Pad
- Backpack
- Day Pack or Fanny Pack (Optional)
- Flashlight & Spare Batteries*
- Water Filter (Group)
- Rope (50'-100' Thin Nylon)

COOKING GEAR

- Backpack Stove & fuel
- Cooking Pots & Pans
- Cooking Utensils
- Scrubbing pad & sponge
- Paper Towels
- Aluminum Foil

TRIP PLANNING

- BSA Tour Permit
- Wilderness Permit/Fire Permit
- Adventure Pass
- Parent Permission Slip
- Weather/Road Report
- Trek Plan (Route/Time/Miles/Elevation)
- Itinerary
- Phone Numbers

MISCELLANEOUS (Optional)

- Light Weight Book or Magazine
- Playing Cards
- Walking Stick

* Denotes A Ten Essential Item

Updated 9/6/2001

