



## Troop 486 Backpack Equipment Check List

Two night backpack trip...does not include what you will wear in.

### 10 Essentials

- Pocket knife
- Personal first aid kit
- Map & compass
- 1 qt. water bottle (Nalgene-type)
- Trail food
- Flashlight (headlamp preferred)
- Extra clothing
- Rain gear (poncho / raincoat + rain pants)
- Sun protection (hat & sun block, lip balm)
- Matches (water and windproof)
  
- Plastic whistle on lanyard
- Toilet paper (in plastic baggie)

### Personal Clothing

- 1 pair underwear
- 1 pair thermal underwear (synthetic)
- 2 T-shirts
- 1 fleece, wool, or flannel shirt
- 1 pair pants w/ belt
- 1 pair shorts
- 3 pair hiking socks
- Windbreaker / lightweight jacket
- Hiking boots
- Bandanna
- Wool / synthetic beanie
- Hat – broad-brim
- Gloves (optional)

### Personal Pack, Shelter & Sleeping

- Sleeping bag in stuff bag (w/ straps to secure to pack)
- Sleeping pad (foam or Thermorest-type)
- Ground cloth / space blanket
- Backpack
- Large trash bag (pack cover)
- Pack shovel

### Personal First Aid Kit

- Sun block / lip balm
- Mole skin
- 6 Band-Aids, 3 butterfly type
- 2 sterile 4" x 4" gauze pads
- Insect repellent – small
- Antibacterial non-rinse cleaner – small bottle or wipes
- Tweezers
- Pen and Paper

### Toiletries

- Biodegradable soap w/ container
- Small hand towel
- Toothbrush
- Toothpaste
- Spare plastic baggies
- Small signal mirror

### Eating Utensils

- Spoon (spork or fork)
- Plastic bowl or plate
- Plastic cup or Sierra cup

### Optional Equipment

- Camera
- Day pack
- Swim suit
- Sunglasses
- Scout Handbook (base camp only)
- Fishing pole & tackle
- 1 50' thin rope per patrol
- 2 carabiners