



# Troop 170 Backpacking Overnighter

## Gear Checklist

**Pack as light as possible. Use the following list as a guide.**

### 10 Scout Essentials

#### Backpack Information

##### Backpack

- All your items **MUST** be able to be packed in or attached to your pack – no loose items.
- Line your backpack with a heavy---duty garbage bag.
- Store personal items in Ziplock or Dry bags to provide an extra measure of protection from weather.

##### Clothing

- Synthetic, (not cotton is best).
- Wear long pants (strong recommended).
- Wear hiking boots or sturdy hiking shoes. **NO CROCS OR OPEN TOED SHOES**
- Pack rain jacket or poncho where you can get to it quickly.
- Pack a change of clothing (shirt, pants, underwear, and 2 pair of socks).
- Recommended to pack a lightweight jacket or sweatshirt.
- Recommended to wear a hat or cap.

## **Food & Water**

- Bear bag with paracord.
- Trail Food. (All food should be stored in Ziplock bags.
- Water. 3 quarts of water (Nalgene, Good Quality Disposable) and/or hydration packs.
- Trail stoves and propane.
- Cookware, Eating Utensils. (May Borrow Troops)
- Water Filtration.

## **Gear**

- Bug spray.
- Sun Screen
- Whistle
- A hammock or tarp shelter. Don't forget your rope, stakes (if needed) and rainfly!
- Recommended blanket or sleeping pad for hammock insulation and/or sleeping bag.
- Flashlight (small) with extra batteries (headlamp style recommended).
- Matches in waterproof container.
- Pocket knife.
- A hot/cold drinking cup (not your water bottle).
- Personal hygiene items (toothbrush & toothpaste).
- Personal first-aid kit for the trail (see page 108 of Scout Handbook).
- Recommended to pack a small hand towel.

## **Optional**

- Trekking pole.
- Compass.