

TROOP 85
INDIVIDUAL BACKPACKING CHECKLIST
FOR SHORT EXCURSIONS

Pack

External or Internal frame pack
Pack cover, waterproof or heavy garbage bag

Shelter

2 person lightweight tent with fly
and plastic ground cloth**
Light weight +20 degree sleeping
bag (synthetic microfiber or down)
Ground pad

Clothing

2-3 pairs hiking socks
3 pairs sock liners
Sweatshirt &/or sweat pants
Sweater or lightweight insulated
jacket, or thermal underwear
2-3 pairs of underwear
2-3 T-shirts (not cotton)
Hat - wide brim & stocking cap
Lightweight/sturdy rain suit (jacket
and pants)
Warm gloves/mittens
Hiking boots (completely broken in)
Short pants for hiking, or long
pants depending on weather forecast

Other optional gear

Hiking staff/trekking poles
Work gloves
Camera & film
Sunglasses
Water Purification Tablets

Utensils

2-3 quart canteen/water bottles
Mess kit of your choice
or bowl & spoon

Personal medical

Adhesive bandages**
Moleskin**
Sunscreen**
Chapstick
Required prescription medicines

Miscellaneous

Pocket knife
Waterproof matches
Small flashlight w/ spare batteries
Compass**
2 x 1 gallon Ziplock freezer bags

Toiletries

Toothbrush
small tube toothpaste**
Campsuds/soap
Small wash cloth
Comb

** may be shared by hiking partner