

Troop 99 Backpacking Checklist for 5-Day Trip

*REQUIRED +Share between two scouts

Each Patrol Needs:

- *Firestarter with tinder
- 1 8x10 tarp with 6 10' lengths of 1/8" rope
- *1 stuff sack with 30' of 1/4" rope to use as bear bag
- 50' length of 1/2" rope
- *Patrol first aid kit
- 1 deck of cards
- 1 camera
- *Trail guidebook and/or large map
- Repair Kit: 36" x 2" duct tape, 4 large safety pins, 4 large zip ties, 4 small zip ties, 2 small carabiners
- Insect repellent

Each Scout Needs:

Sleeping Gear

- * + Tent or tarp
- Closed cell foam sleeping pad
- * Sleeping bag (20-degree synthetic mummy sleeping bag in waterproof stuff sack recommended)

Personal Care

- Baby powder (small)
- 1/2 roll of toilet paper in ziplock bag
- Plastic trowel
- Bandanna
- Toothbrush and Toothpaste (small)
- Hand sanitizer (small)
- Sunscreen (small)
- Chapstick

Emergency Equipment

- *Personal first aid kit (see Scout handbook)
- *Whistle
- Firestarter with tinder
- Backup flashlight (small)

Cooking

- * + Lightweight stove and fuel
- *+ Lightweight cooking pot with pot grabber, lid, and pot cozy
- *Mug
- *Spork (Recommend Lexan - not disposable plastic)
- Frisbee or plastic plate
- *1.5 liters of water storage
- *Water treatment tablets (Troop will provide)

Equipment

- *Properly fitted backpack
- Pack rain cover
- Pocketknife
- *Headlamp
- * Extra flashlight (small)

- *1 set of spare batteries for each light
- Watch
- Small notepad and Pencil
- Hiking stick
- 4 Wal-Mart bags

Navigation

- Compass
- Map (Troop 99 will provide)

Clothing (includes what you wear when we depart)

- * Synthetic thermal underwear - top and bottom
- *2 pair synthetic pants
- *3 pair cotton or synthetic underwear - boxer briefs recommended
- *4 T-Shirts - 50/50 cotton/polyester blend or 100% synthetic
- * Synthetic fleece pullover with high collar
- * Wool or synthetic beanie/toboggan
- * Synthetic or wool gloves or mittens
- *Lightweight waterproof jacket with hood (good poncho is OK. "emergency poncho" is not OK)
- Lightweight waterproof pants
- Scout cap
- *Hiking boots
- *3 pair wool socks (3 recommended)
- *3 pair sock liners or 2 pair cotton socks to wear over over wool socks.
- *Water shoes (not flip flops)

Things Not to Bring

- Personal electronic devices or phones (GPS or camera OK)
- Stoves that use the Big Green Propane Bottles
- Big lanterns of any kind
- Giant tents (unless you are sharing - tents should be 3-4 lbs per person max)
- Canned foods
- Soft drinks (Coke, Dr. Pepper, Mountain Dew, etc.)
- Gigantic cotton sleeping bags
- Pillows (wad up your extra clothes inside a T-shirt)
- Denim blue jeans, cotton sweat pants or sweat shirts
- Class A uniform

Essential Items for Safety

Nothing on the list above is optional unless it specifically says so. There are important reasons for everything being on the list. Backpacking and camping away from the troop trailer, roads, and phones brings a great element of adventure; but it also brings greater responsibility to be prepared.

Items with a * are absolutely essential for personal and patrol safety. **You will not be allowed to join this campout if you are missing any of the * items.**

Backpacking Food

- When backpacking, you will burn 25-30 calories per pound of body weight per day.
- Carry dry food that can be eaten without cooking or be cooked with boiling water
- Food should contain at least 100 calories per ounce
- Assuming 3000 calories per day, food weight should be 2 to 2.5 lbs per day. (3000 calories is a lot more food than you think. 2500 calories/day may be a more reasonable target.)
- Do not eat lunch. Rather, eat several snacks throughout the day.
- Share food with another hiker.
- Repackage for meal-sized quantities before leaving home.
- Freeze-dried or dehydrated meals (Wal-Mart or Academy) are tasty, lightweight, but a bit expensive.
- The following items are cheap, calorie dense, and easy to prepare:
 - Instant mashed potatoes (“just add water” type)
 - Minute rice, various flavors
 - Pasta dinner, various flavors
 - Instant oatmeal
 - Dry soup mix
 - Summer sausage, hard salami, or jerky
 - Individually wrapped cheddar cheese
 - Package of chicken or tuna (not canned)
 - Flatbread, tortillas, or mini-bagels
 - Hot chocolate packets
 - Trail Mix
 - Peanut Butter Crackers
- Here are some suggested treats:
 - Fresh fruit (non-refrigerated, non squishable - apples, pears, oranges)
 - M&Ms
- You should avoid these items:
 - Anything canned
 - Anything requiring refrigeration
 - Anything that will be crushed into dust