

# Everyone Loves Checklists!



# Pack with Purpose & a Plan

- **Use the checklists included in this document**, or make your own.
- **Pack for your specific trip - not an imaginary trip across Middle Earth.** Take only what you expect to use plus items to cover the contingencies and conditions specific to your trip.
- **Be prepared, but not over-prepared.** If you think you might not need something, you probably can leave it behind.
- **Plan on backpacking in patrols.** Don't duplicate gear. Plan meals together.
- **Shared gear** will be distributed so larger, older or fitter scouts carry more weight.



# How to Pack it!



- Heavy stuff needs to be close to your back, centered on your body, nearer to your shoulders than your waist.
- Light stuff at top and bottom.
- Lunch, raingear, camera – things you need during the day - should be easy to access at top or in belt or outside pockets.



Optional:

- ☐ Small camp pillow (or use your sleeping bag's stuff sack filled with clothes to save weight)

Learn More: [Tips for getting a good night sleep in the backcountry](#)

## Checklist #1: Pack and Sleep Gear

Goal Weight: 7-12lbs

Gear	Wt.	Got it?
Backpack		
Sleeping bag		
Sleeping pad		
1 gallon ziploc for current day food storage		
Sleeping bag stuff sack		
20 gallon garbage bag for pack liner		
<b>Total weight:</b>		



#### Optional:

- ☐ Camera
- ☐ Hiking poles. Some like one, two, none or a stick.
- ☐ Sunglasses (high altitude, snow or desert)
- ☐ Mid-weight thermal top if it's cool.

**Learn More:** Backpacking is an athletic activity. Dress accordingly and LAYER. Dig deeper into what to wear with this [detailed guide to planning what to wear](#).

## Gear Checklist #2: Worn and Carried

Goal Weight: --

Gear	Wt.	Got it?
Non-cotton shirt (like the Bartle shirts)		<input type="checkbox"/>
Synthetic pants or shorts		<input type="checkbox"/>
Non-cotton socks (lightweight wool/lycra, nylon blends best)		<input type="checkbox"/>
Non-cotton briefs		<input type="checkbox"/>
Hat		<input type="checkbox"/>
Trail runners, hiking shoes or lightweight boots		<input type="checkbox"/>
Bandana		<input type="checkbox"/>
Map & Compass		<input type="checkbox"/>
Watch		<input type="checkbox"/>
<b>Total Weight:</b>		





#### Optional depending on conditions:

- ☐ Glove liners, cold weather gloves or waterproof shell gloves/mitts to wear over your glove liners
- ☐ Shell bottoms (breathable rain pants for rainy day hikes)
- ☐ Sleep clothes (required in wet weather). Also can use base layers to sleep in.
- ☐ For longer trips: camp sneakers/sandles, extra briefs, 3<sup>rd</sup> pair socks (required in wet weather)
- ☐ Spare shorts/pants for messy campers or wet weather. Zip-off hiking pants are a nice option.
- ☐ Insulated jacket if it's really cold.

**Learn More:** [Learn the basics of layering at REI](#), [Raingear Fundamentals](#), [Sleeping Clothes](#)

## Gear Checklist #3: Packed Clothing

Goal Weight: 3-4 lbs

Gear	Wt.	Got it?
Spare t-shirt (non-cotton is best)		
Synthetic base layer shirt (if cooler than 45)		
Synth. base layer bottoms (if cooler than 45)		
Spare briefs (non-cotton is best)		
Spare socks		
Stocking cap		
Puff/fleece vest, pullover or jacket		
Rain shell (or poncho in warm weather)		
Waterproof bag (large ziploc) to keep clothes dry		
Sleep socks (keep in your sleeping bag)		
<b>Total Weight:</b>		

## Gear Checklist #4: Personal Gear, Survival & Repairs - Goal Weight: 3lbs

### Optional personal items, sometimes nice to have:

- ☐ Small sewing Kit (1 per patrol is fine)
- ☐ 30-50' of duct tape (1 per patrol is fine)
- ☐ Cord/guyline - 20' (1 per patrol is fine)
- ☐ Small bath cloth & camp soap
- ☐ Lip balm
- ☐ Extra 20 gallon garbage bag
- ☐ Inflatable sleeping pad repair tape
- ☐ Harmonica
- ☐ Card deck

Gear	Wt.	Got it?
Map & Compass		<input type="checkbox"/>
Multi-tool or Swiss Army knife		<input type="checkbox"/>
Firestarters (primary + backup)		<input type="checkbox"/>
Headlamp or small flashlight		<input type="checkbox"/>
Spare Battery for light		<input type="checkbox"/>
Personal First Aid kit + foot care kit		<input type="checkbox"/>
Cup & Bowl (plastic) in mesh bag		<input type="checkbox"/>
Eating utensil (spork or similar)		<input type="checkbox"/>
Emergency Whistle & Signal Mirror		<input type="checkbox"/>
Water bottles (1L. - bring 2 if arid hike)		<input type="checkbox"/>
Small pad of paper, pencil, sharpie		<input type="checkbox"/>
Toilet Kit: Trowel, T. paper, hand sanitizer		<input type="checkbox"/>
Travel toothbrush & toothpaste		<input type="checkbox"/>
		<input type="checkbox"/>
<b>Total Weight:</b>		



#### Optional depending on trip:

- ☐ Water purif. tabs or filter if limited access to potable water (1 per patrol)
- ☐ Make a [Pot cozy to save fuel](#) (1 per patrol is fine)
- ☐ Pot handle/lifter - Can use dishtowel instead . (1 per patrol is fine)
- ☐ Stove servicing tools (1 per patrol is fine)
- ☐ Bug Repellent depending on season (1 per patrol is fine)
- ☐ Camp water bottle (platypus) (1 per patrol is fine)
- ☐ Spare fuel cannister (1 per patrol is fine)

## Checklist #5: Shared Gear

### Weight Goal: 8lbs /2

Gear	Wt.	Got it?
Stove		<input type="checkbox"/>
Fuel canister		<input type="checkbox"/>
1.5-2L Cook pot with Lid.-@.75L per scout		<input type="checkbox"/>
Cook spoon		<input type="checkbox"/>
		<input type="checkbox"/>
Brillo pad		<input type="checkbox"/>
Dishtowel		<input type="checkbox"/>
Dish Soap (or soap wipes)		<input type="checkbox"/>
Food bag (for hanging)		<input type="checkbox"/>
Tent or Tarp (stakes, body, fly, poles)		<input type="checkbox"/>
		<input type="checkbox"/>
<b>Total Weight:</b>		