



# Troop 37

Worcester, MA

## Backpacking Checklist

### The Ten Essentials

1. Navigation
  - Map (with protective case)
  - Compass
  - GPS (optional)
  - Altimeter (optional)
2. Sun Protection
  - Sunscreen
  - Lip balm
  - Sunglasses
3. Insulation
  - Jacket, vest, pants, gloves, hat
4. Illumination
  - Headlamp or flashlight
  - Extra batteries
5. First Aid Supplies
  - First Aid kit
6. Fire
  - Matches or lighter
  - Waterproof container
  - Fire Starter
7. Repair kit and tools
  - Knife or multi-tool
  - Duct tape
8. Nutrition
  - Extra day's supplies
9. Hydration
  - Water bottles
  - Water filter
10. Emergency shelter
  - Tent, tarp, bivy

### Beyond the Essentials

- Backpack
- Daypack
- Pack cover
- Tent
- Footprint (for tent)
- Sleeping bag
- Stuff sack
- Sleeping pad
- Pillow
- Whistle
- Trekking poles
- Axe
- Meals
- Energy food
- Energy beverages
- Stove
- Fuel
- Cookset
- Dishes or bowls
- Utensils
- Nylon cord (50' for hanging food)
- Backup water treatment
- Lantern



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## Backpacking Checklist (continued)

### Clothing: Warm Weather

- Wicking T-shirt (synthetic or wool)
- Wicking underwear
- Quick-drying pants or shorts
- Long-sleeve shirt (for sun, bugs)
- Sun-shield hat
- Bandana or Buff
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### Clothing: Cold Weather

- Wicking long-sleeve T-shirt
- Wicking long underwear (good sleepwear)
- Hat, cap, skullcap, or balaclava
- Gloves or mittens
- Rainwear
- Fleece jacket or vest, and pants

### Footwear

- Hiking boots or hiking shoes (suited to terrain)
- Socks (synthetic or wool plus spares)
- Gaiters
- Sandals

### Post Hike

- Snacks, water, towel, change of clothes

### Personal Items

- Camera or goPro
- Extra memory card
- Binoculars
- Route description or guidebook
- Field guide(s)
- Outdoor journal
- Pen or pencil
- Small amount of cash
- Earplugs
- Eye shade
- Toilet paper
- Sanitation trowel (small)
- Hand sanitizer
- Insect repellent
- Toothbrush
- Toothpaste
- Biodegradable soap
- Shower bag
- Quick-dry towel
- Cell phone/satellite communicator/2 way radios
- Personal locator beacon
- Trip itinerary left with friend or family.
- Trip itinerary left under car seat
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Thanks to REI (<https://www.rei.com/learn/expert-advice/backpacking-checklist.html>)

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