

Troop 242
Backpacking Trip Checklist

Backpack
Tent (some may want to share tents)
Tarp/poles/guide lines*
Sleeping Bag and Pad
Water Bottle(s) - enough for one way on the trail
Water Filter (if you have one)
Flashlight (small) and spare batteries
Backpacking stove/fuel (if you have one)
Mess kit - some kind of lightweight cooking pot/plate/utensils/cup set
A few paper towels in a quart size zip lock bag
Nighttime food storage bag and long rope for tying over a tree limb
Backpacking camp chair (optional-adds weight)
Scout knife
Plastic Trowel and either bio-degradable toilet paper or else
regular toilet paper and a plastic sealable bag to put the regular TP in
Bug Spray
Sunscreen
Pepper Spray for bears (if you have some)
Hat
Sunglasses
Fishing Pole & related gear (optional)
Toothbrush/toothpaste, soap/washcloth
Personal medications/basic first-aid kit
Camera (optional)
Clothes:
Daytime clothes:
Tshirt
Shorts
Socks
Underwear
Nighttime Clothes: (it can get really cold at night!)
Long pants
Long underwear
Long sleeve T-shirt
Sweatshirt
Warm coat
Warm Hat
Gloves
Rain Jacket, possibly rain pants and pack cover
Food:
Varies from trip to trip - below are some of the items we have had in the past
Breakfast:
Bagels, English Muffins, Breakfast Bars, backpacking breakfast meals, hot chocolate mix
Lunch/Snacks:
Pre-made sandwiches (packed in tupperware to not get crushed), granola/power bars, trail mix,
baby carrots, apples, oranges,
Dinner:
Backpacking freeze-dried meals, frozen heatable dishes like lasagne (should keep long enough for
1st night), spaghetti noodles/pre-made sauce to heat up, cup 'o soup, ramen noodles, spam
Other Food-Related Items:
salt/pepper, butter, alum. Foil. (especially if you plan to catch/cook fish)
Gatorade powder mix