

- This three sided check box indicates an item or standard that is required for remote backpack trips.
 _ This underscore indicates a recommended, optional or special case item. Special cases are noted.

General

- Repackage items that come in large packages. Instead of bringing 100' of duct tape, wrap 10' around a bottle. Instead of bringing a 100 serving box of pancake mix, measure out the servings actually needed into a zip lock bag, write on the bag the type and amount of the contents, and write the amounts of other ingredients that should be mixed in before cooking the contents.
- Use zipper lock freezer bags as organizers. Anything that could leak should be in a zip lock.
- As you pack items, check that the owner's name is on everything possible in indelible marker.

Clothing to wear or pack for trips of 1 to 3 nights (longer trips will be customized):

- | | |
|---|---|
| <input type="checkbox"/> hiking boots (with ankle support, treads, & cushioned sole) | <input type="checkbox"/> water-resistant pants (lightweight nylon shell or coated nylon rain pants are OK. Jeans or cotton sweats are NOT OK.) |
| <input type="checkbox"/> 2 sock liners (polypropylene/thermax/equivalent) | <input type="checkbox"/> T-shirt (T-shirt with scout compatible pattern. Wicking synthetic is good. Cotton is OK. Troop-T is always OK.) |
| <input type="checkbox"/> 2 medium weight hiking socks (wool/synthetic) | <input type="checkbox"/> medium weight sweater (synthetic fleece/wool) |
| <input type="checkbox"/> thermal underwear top and bottom (polypro/thermax or equivalent is OK. Cotton is not OK. Pack in gallon zip-lock) | <input type="checkbox"/> uniform (Check with Scoutmaster. Either Troop-T or uniform shirt will be required. Complete uniform only for formal events.) |
| <input type="checkbox"/> waterproof hooded jacket (PVC or urethane coated nylon shell jackets are the most common. Goretex is good. Ponchos and single layer plastic coats are unacceptable.) | <input type="checkbox"/> 2 pairs of underwear (or built-in mesh briefs) |
- IF warm/hot add;**
- | | |
|---|---|
| <input type="checkbox"/> light hiking shorts / pants (breathable) | <input type="checkbox"/> hat (light weight sun protection, baseball cap OK) |
| <input type="checkbox"/> extra shorts to swim / hike (quick dry nylon OK) | <input type="checkbox"/> extra T-shirt (also for sleeping, towel, etc) |

IF cool/wet add;

- | | |
|---|--|
| <input type="checkbox"/> light hiking shorts / pants (breathable) | <input type="checkbox"/> 2 chemical tear-off hand/toe warmers |
| <input type="checkbox"/> warm hat / fleece head band | <input type="checkbox"/> extra pair medium socks (or Goretex sock liner) |

IF snow backpack, add;

- | | |
|--|--|
| <input type="checkbox"/> light hiking pants (breathable because it can be hot) | <input type="checkbox"/> extra pair sock liners and wool/synthetic socks |
| <input type="checkbox"/> extra pants (ski bib or extra underwear bottom) | <input type="checkbox"/> 4 chemical tear-off hand/toe warmers |
| <input type="checkbox"/> warm hat / fleece head band / balaclava | <input type="checkbox"/> sun glasses / goggles |
| <input type="checkbox"/> parka or extra synthetic fleece/wool top | <input type="checkbox"/> gaiters (or use duct tape, 1/8" line and old tent fly pieces) |
| <input type="checkbox"/> warm and water resistant gloves/mitts | _ cross-country ski or snowshoe gear |

Pack and Shelter:

- | | |
|---|---|
| <input type="checkbox"/> backpack (must be framed with hip belt and straps that fit to ensure that weight is mostly on hips, not on shoulders) | <input type="checkbox"/> sleeping bag (stuffed in a water-resistant bag) |
| <input type="checkbox"/> pack cover (at least a heavy duty garbage bag) | <input type="checkbox"/> sleeping pad (closed-cell or sealed open-cell foam) |
| <input type="checkbox"/> tarp (or at least a 2 mil plastic sheet as a ground sheet for tent or, with scoutmaster's permission, as a primary shelter.) | _ tent (share a tent or, with scoutmaster permission, an alternate shelter like a tarp cover. Tents have a full coverage seam-sealed fly and complete poles & stakes) |

General Equipment:

- | | |
|---|--|
| <input type="checkbox"/> leak proof bottles for at least 2 quarts water | <input type="checkbox"/> compass & map (easily accessible) |
| <input type="checkbox"/> water purification kit (iodine tablets) | <input type="checkbox"/> watch |
| <input type="checkbox"/> 2xAA flashlight (install fresh batteries and check bulb) | <input type="checkbox"/> 10' of 2" duct tape (wrapped around a bottle) |
| <input type="checkbox"/> 2 extra unused AA batteries | <input type="checkbox"/> pocket folding knife (Scout must have "Tote n' Chip" badge to carry a knife. No fixed blade knives are allowed) |
| <input type="checkbox"/> 50 feet 1/8 inch cord (solid-core woven nylon) | |

Personal items:

- | | |
|---|---|
| <input type="checkbox"/> personal medication with permission of the Scoutmaster AND the Trip Leader Scouts may not self-medicate unless parents have obtained permission prior to the trip. This applies even where permission was given on previous trips, a parent will be present, or a doctor has prescribed the medication. Except for the proper application of routine First Aid, only a parent, an appropriately licensed person or the scout himself may medicate a scout on a trip. | <input type="checkbox"/> toothbrush (Flavored/foaming toothpastes are a liability. of In protected areas, toothpaste waste must be carried out. In other areas it must be disposed of correctly in a sump.) |
| <input type="checkbox"/> personal medical data and releases in zip lock (Updated BSA Class 1 and 2 medical forms and Troop 135 medical release signed by parent) | <input type="checkbox"/> sunscreen (and lip screen for altitude over 9000') |
| | <input type="checkbox"/> insect repellent (and/or mosquito head net) |
| | <input type="checkbox"/> toilet paper (in zip lock bag) |
| | _ used toilet paper carrier (eg. plastic peanut butter jar reinforced with duct tape. Required for National Park remote sites etc. Bring 2 extra small zip locks for each trail day.) |

Check page 2

Emergency kit (best integrated with First Aid kit, maybe in zip lock bag):

- aluminized emergency blanket/bag
- matches & fire starter (solid or paste in zip lock)
- small reflector or signal mirror (eg. compass mirror)
- whistle with loop

First aid kit (Contents in zip lock bag. Note that this is in addition to any more comprehensive troop first aid gear):

- 8 band aids large & small
- 3 safety pins
- 4 sterile pads non-adherent 2x3"
- 5 yards 1/2" self-adhesive gauze tape
- 3"x4" sheet moleskin (plus molefoam and adhesive knit if boots are new or feet have blistered before)
- 2 x rehydration powder/tablets
- tweezers
- 1 pair latex gloves (in case or empty film canister)
- scissors (collapsible type; check that they work well)
- small zip lock bag for medical material disposal
- First Aid Guide, note paper and pen/pencil

Mess Equipment:

- plate (enameled steel/stainless/aluminum with raised rim)
- 2 extra 1 gal zip lock bags for trash
- stainless steel or lexan fork-knife-spoon
- mesh scouring pad in small zip lock bag
- cup (suitable for hot drinks/soup, non-collapsible)
- wash cloth (5"x10" synth. cloth or a few paper towels)
- matches ("fire n' chit" required)

Food: The patrol arranges the menu, gets scoutmaster approval, and splits food and cooking equipment.

Approval will seldom be given for menus that are mostly backup foods. Cooking plans should meet "Leave No Trace" standards. Repackage food tightly in zip-lock bags according to needs. Items that could spoil should be wrapped first in zip-lock bags, then in several layers of paper towel, then in a layer of foil, then in more paper towel, then in an outer zip lock bag and finally should be frozen solid. Pack food inside a "bear bag." The "bear bag" is a plastic or nylon stuff sack on a 50', 1/8" nylon line. Putting all food including snacks and aromatic items like insect repellent in "bear bags" reduces the chance that animals like rodents, ants or bears will disrupt the camp. For serious bear / raccoon country, the troop has special "bear cans".

- agreed share of the patrol food _____ plus the following personal backup food:
- 2 sport bars (Power, Granola, Cliff or other)
- stuff sack (to attach to 50' 1/8" nylon cord)
- 2 packets instant hot beverage (in zip lock)
- personal spices / flavorings (in secure containers)
- 1 packet instant soup in zip lock

Shared Cooking Equipment: For each trip, find out which of the following will be your share to carry. Also, will it be troop gear.

- stove _____ ("fire n' chit" required)
- spatula / large spoon
- fuel in canisters approved for such use _____
- water purification filter and pump _____
- cooking pots _____
- "dirty" water bags _____ (eg. wide mouth 3 liter bags)
- aluminum foil (12" x 24", optional for group)

Other Optional Equipment (new scouts should not add optional gear if their pack weighs more than 15 pounds):

- extra flashlight (AA head lamp or AA LED)
- trail or advancement references
- sunglasses/goggles (required for ski/snow camps)
- candle lantern (do not use in tent or other no-flame area)
- camp soap (ALL SOAPS must be disposed of in sumps at least 150' from natural water courses. No soap can be used at any time in remote National Park or similar protected areas.)
- synthetic camp towel (dries faster than cotton T-shirt)
- very light weight camp footwear (light hikers or very light sandals in summer)
- sleeping bag liner
- hiking staff or cane
- soft stuff sack for pillow case (and pack pillow)
- camera & film in zip lock bag
- light weight cooking tarp
- fanny pack / strap pouch
- binoculars, altimeter, GPS
- light-weight activity gear (fishing / bird-watching / climbing / mapping / ropes / art / sport / nature)
- saw or axe (with Scoutmaster's permission and badge)
- shared mini-shovel / trowel for fires and latrine
- static rope (for crossing rivers and rocks or for construction)

Consider leaving some items in the car (in bear country, anything left in car must be odorless and hidden from sight):

- 1 quart of water
- socks & shoes or sandals
- shorts, T-shirt & maybe sweater
- extra large garbage bags to protect upholstery

Special items required for particular event or activity as discussed in previous meeting:

- _____
- _____

Check page 1