



Scouting America  
**Troop 4070**  
Sedro Woolley, Washington



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## Backpacking Checklist

### Essentials

- ☐ water bottle or hydration system
- ☐ compass and topographical map of area visiting
- ☐ sunscreen / bandana
- ☐ headlamp
- ☐ matches in waterproof container
- ☐ knife and totin' chip
- ☐ sunscreen / lip balm
- ☐ personal first aid kit with needed OTC medication
- ☐ lightweight poncho or rain jacket
- ☐ small bag of trail food
- ☐ whistle
- ☐ insect repellent
- ☐ "mountain money" (no more than 1/4 roll of TP), small plastic shovel, 2 re-sealable bags
- ☐ toothbrush / paste

### Sleeping Gear

- ☐ tent (split with another scout), with footprint or tarp
- ☐ sleeping bag and compression sack
- ☐ sleeping pad

### Cooking / Eating Gear

- ☐ backpacking stove and fuel
- ☐ lightweight cooking set and wood/plastic spoon
- ☐ bowl and eating utensils (or part of cooking set)
- ☐ lightweight cup
- ☐ camp soap
- ☐ small lightweight towel

### Food and Water

- ☐ 3 meals (breakfast, lunch, and dinner) per overnight
- ☐ water (amount depending on local water sources)
- ☐ small daypack or waistpack for day hikes (optional)

### Clothing

- ☐ 1-2 layers (e.g., long sleeve shirt and lightweight jacket)
- Try to avoid cotton clothing; use synthetic or wool materials.
- ☐ one extra pair of socks
- ☐ for trips longer than 2 nights: extra underwear and socks
- ☐ in extreme cold: additional layers as needed
- ☐ swimming trunks (if known swimming hole)

### Luxury Items (optional)

- ☐ lightweight backpacking chair or seating pad
- ☐ book to read
- ☐ deck of cards or other game
- ☐ camera
- ☐ Crocs or tennis shoes for around camp (usually for longer trips)
- ☐ GPS unit
- ☐ binoculars