



Scouting America
Troop 4070
Sedro Woolley, Washington



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