**Backpacking Checklist**

* Bug Spray (not usually needed in the winter)
* Bowl & Cup
* Utensils (a spork works well)
* LED Flashlight – headlight (new battery)
* Waterproof Matches
* Backpack w/rain cover
* Sleeping bag – 30 degree synthetic;
	+ To add an additional 10 degree to your bag you can use a sleeping bag liner
* Foam pad or air (Better) – Very important to stay warm;  most body heat will leave through the ground and through your head! .
* Backpack Tent (if you don’t have one, arrange to sleep with a scout who does)
* Socks – Wool keeps feet warm even if they get wet.  I usually bring 2 pair of wool socks, the ones I hike in and ones for camp.  I let the ones I hike in dry out overnight.
* Shoes – Water proof above the ankle for support
* Beanie hat – knit for sleeping too!
* Long pants – Not Cotton!
* Long underwear (Not Cotton!)
* Synthetic t-shirt
* Mid layer shirt (can be almost anything but synthetic is best)
* Fleece type jacket (fleece is light weight and warm, not cotton if you can help it)
* Rain suit – look for one that says it is breathable You will need Coat & Pants
* Gloves (mittens will keep hands warmer). Optional
* Water bottles – will need at least 2 liters (Filled)
* Small bag of hygiene items, small toothbrush, toothpaste, part of roll of toilet paper, camp suds (soap)
* Sun screen & Chap stick protects face & lips from wind burn (smallest container you can find or share with other scouts)
* Small first aid kit & hand sanitizer in plastic bag. Band-aid, mole skin, Tylenol, etc.
* A couple of extra baggies for trash and other needs.
* Camp Stove & Fuel & small pot with cover

It is a good idea to put everything in baggies. Packs are not waterproof.  Put your name on all baggies.

Pack weight including food & water should not be more than 25%-30% of your body weight. If you are small you may need an older scout or adult to carry some of your stuff.

Freeze Dried Meal Food – packed in small bags.

Good idea to have some trail mix as well for snacks on the trail snacks for trail such as Cliff bars, pretzels, apple, etc.

Drink mix - hot chocolate, apple cider to add to water