

# Troop 74 Backpacking Essentials

NAME \_\_\_\_\_

**What to bring**

- Packed Backpack with supplies shown below**
- (check pack fit before leaving) with water easily accessible**
- Hiking boots (worn in, not brand new)**
- 2 pair of layered socks, polypropylene liners recommended**
- Sack Lunch for Saturday**
- Sunscreen on**

	1 <sup>st</sup> CHECK	2 <sup>nd</sup> CHECK	NOTES
2 <sup>nd</sup> signed release form in pack			
Light weight sleeping bag			
Sleeping pad			
Change of clothing (extra shirt, underwear, socks, and pants) <sup>1</sup>			
Long sleeve shirt, sweater, or windbreaker			
Light camp shoes			
Light weight gloves			
Beanie cap or hat for warmth			
Plate, utensils, cup, bowl			
Two, 1-quart water bottles, filled before we leave <sup>2</sup>			
Toiletries <sup>3</sup>			
Lip balm			
Flashlight w/ extra batteries			
Pocket knife & Totin' Chip card			
Matches in waterproof container			
50-foot x 1/8" nylon cord			
Personal first aid kit and prescription medicines <sup>4</sup>			
Pencil and paper			
Yard sized trash bag			
12" x 24" aluminum foil sheet			
Bandana			
Whistle and small mirror <sup>5</sup>			
Rain poncho			

<sup>1</sup> Don't over do it, but remember to plan for weather changes.

<sup>2</sup> One is for the scout (canteen) and the other for Troop cooking water. Do not drink from Troop water container.

<sup>3</sup> Toothbrush, toothpaste, deodorant, and any other necessary items.

<sup>4</sup> Don't forget to bring any special prescription medications. If you have asthma, but don't use your inhaler very often, still bring it. Be Prepared!

<sup>5</sup> Best hanging from outside of pack for easy access.

You will also carry one-half of a tent, and troop equipment or food, which will be divided up among all the scouts.