

BASIC SCOUT BACKPACK CHECK LIST /1

Organized by Function

Before food, common gear, and water is packed, packs should not weigh more than 20 kg/ 25 lbs!!

An Asterisk (*) marks "The 10 Essential Items"

Scouts should own their own rain gear. Packs, tents, and sleeping bags can be rented at the REI stores in Mtn View and Saratoga. Bargains can be found on line at Campmor and Sierra Trading Post. Avoid cotton. All clothing should be synthetic material. All Scouts should have sleeping bags with synthetic insulation.

Items worn or carried

- Shirt
- Convertible pants:(long pants are recommended, there will be bugs and poison oak, and might be mosquitoes)
- Underwear
- Hiking boots (high top or mid height, boots should be well broken in, < 3 lbs)
- Socks (liner and outer)
- Hat to shade face, ears, and neck*
- Sunglasses*

Other clothing in pack

- Bandanna, cotton
- Rain jacket/rain shell * (Does not have to be GoreTex. Red Ledge and Campmor sell waterproof -breathable gear for \$40 to \$50. Marmot sells Precip rain jackets for under \$100.) << 16 oz. Avoid shells with lots of zippers, pockets, heavy liners
- Rain pants*
- Fleece top or other insulation layer *
- Long underwear top (may also serve as long sleeve shirt except that bugs can bite through the weave)
- Long underwear bottom
- Separate sleepwear (optional)
- Knit or stocking cap
- One extra shirt (optional for short trip, a long sleeved shirt, especially when treated with Permethrin can provide protection against insects)
- One pair extra underwear
- One extra pair liner socks
- One extra pair hiking socks
- Light gloves (optional)

Sleeping and shelter

- Tent (Practice setting up before trip!. < 6 lbs. e.g T30 tents or REI Half Dome)
- Tent stakes
- Tent footprint or ground cloth
- Sleeping bag rated to 20 degrees, weight << 3.5 lbs , synthetic fill: e.g. Polarguard Delta or Primaloft)
- Stuff sack for sleeping bag with large turkey basting bag insert
- Sleeping pad self inflating or closed cell

Packing

- Pack << 5000 cu inches, << 5 lbs.(Even when renting, the most important criterion in a pack is fit.)
- Pack rain cover
- Stuff sacks
- Medium sized stuff sack dedicated to food and bear bag storage
- 25 to 50 feet light nylon rope or cord to hang bear bag
- One or two carabineers for hanging bear bags (do not have to be climbing rated)
- Trash compacter bag (optional, becomes required if rain is forecast to line inside of pack!!)

Cooking and hydration

- Utensil: Spork or lightweight spoon. Knife and fork are optional
- Cup or mug
- Bowl
- Water containers to carry one to two liters of water * (Required. Bring one full liter of water to trailhead)
- 1 one liter container dedicated to Gatorade or other flavored drink (optional)
- Stove and fuel is on common gear list
- Pots and plans and cleanup gear are on common gear list

Essentials

- Whistle*
- Hand sanitizer
- Personal first aid* kit with blister kit (e.g. moleskin)
- Compass* (Trip leader is responsible for group map)
- Pocket knife*

BASIC SCOUT BACKPACK CHECK LIST /2

Organized by Function

- Lighter or matches* (The lighter is a tool not a toy and one day might save your life in the back country)
- Insect repellent. There will be bugs. There might be mosquitoes.(≤1 oz)
- Sunscreen (≤ 1 oz)*
- Lip balm/chapstick
- Headlamp with fresh batteries*
- Prescribed medications (notify trip leader)
- Pen and paper

Other items

- Deck of cards
- Kleenex or handkerchief
- Back packing trowel. Know how to use it before you need it.
- **2 33 gallon trash bags (Required)**
- 2 one gallon zip lock bags
- 2 one quart zip lock bags
- Toilet paper
- Tooth brush and tooth paste
- Camp soap (<2 oz)
- Small towel

Individual items

- Trail snacks*
- Powered drink mixes

GROUP ITEMS

Permits

First aid kit (and a blister kit)

General repair kit (at least a pole repair sleeve and a few feet of duct tape)

Rain tarp with stakes and guy lines (optional)

Water filters/ purifiers. When potable water is not available

Water purification tablets. When potable water is not available. Katadyn MicroPur tablets or equivalent chlorine dioxide product.

Water jugs. 3 to 4 collapsible containers to hold a total of 12 to 16 liters

Stoves and FRESH fuel. BSA chemical fuel policy requires that stoves be operated under adult supervision. Stoves should be checked before trip for proper operation. Scouts should practice lighting the stoves before trip.

Pots and pans

Pot holder/lifter (e.g GSI, MSR)

Utensils serving spoons and one scraper (optional) . The tiny hand held rubber scrapers can be purchased at the grocer store

Fine wire strainer for sump (optional) promotes leave no trace/crumbs

Dishwashing, cleanup

Camp soap, scrubber and clean up bucket

Paper towels

Map

2 way radios (Optional)

GPS (Optional)

Cell Phone (Optional).