

Troop 62 - Cool Weather Backpacking Checklist

What this document is:

This document is a guide for an overnight backpacking trip during the cool weather of Spring or Autumn. The checklist can be modified for warmer or colder weather, or expanded for a multiday trip.

What this document is NOT:

You do not need all the things in the checklist for a simple day hike. (However, a good scout should always Be Prepared. If the day hike is long, or strenuous, or getting lost in the woods is possible then you should bring The Essentials listed below.)

Before you make changes to the list:

There is no perfect backpacking gear list for all the people, all the time. Bring too much gear, clothes & food and you'll be uncomfortable hiking with a heavy pack. Bring too little and you'll be uncomfortable at the campsite. For this reason the items on this checklist were carefully chosen. Some are of obvious purpose and importance; others have multiple potential uses that may be more subtle.

- Why is a large heavy duty plastic bag an Essential? Sure it can be used to pack out trash. But it can also be used like a stuff sack for your spare clothes inside your pack to be sure they stay dry when it rains. Or in a crisis it can be worn as a rain poncho. Or sliced open to make a ground sheet.
- A cell phone can make Emergency calls. But it might also have GPS capability if you are lost. Or a flashlight function for the dark. And a First Aid e-book.
- Even humble lip balm has multiple uses. Besides protecting your lips, most kinds can be smeared on a scrap of paper or cloth to make a great firestarter.

So give some careful thought before you customize your gear list. If you decide to leave something home, what job(s) did it fill? If you decide to bring something extra (and make your pack even heavier), consider whether you already have something that can do that job.

Why the document is in checklist format:

A checklist is very handy when preparing for a backpacking trip. It is a common mistake to accidentally leave an important piece of gear at home! You may find it useful to put a line through each checkbox as you collect and test each item. (Got the flashlight, but does it work?) Lay out everything neatly and consider how it will be stowed in your pack. Once all your gear is assembled, then fully color the checkbox as you place each item into your backpack.

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The Essentials (each scout will carry)

- | | |
|--|--|
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Map of area (in waterproof Ziploc bag) |
| <input type="checkbox"/> Two 1 liter bottles/canteens of drinking water | <input type="checkbox"/> Compass |
| <input type="checkbox"/> Food (Saturday lunch, trail mix/snacks) | <input type="checkbox"/> Headlamp or flashlight (tested before leaving) |
| <input type="checkbox"/> First aid kit – <i>consult Scout Handbook</i> | <input type="checkbox"/> Large plastic garbage bag (~30 gallon) |
| <input type="checkbox"/> Pocket knife | <input type="checkbox"/> Emergency whistle |
| <input type="checkbox"/> 20+ feet utility cord/para-cord | <input type="checkbox"/> Matches (in waterproof container) or butane lighter |
| <input type="checkbox"/> <i>If you own one</i> - Cell phone with charged battery | <input type="checkbox"/> Tinder/fire starter in waterproof Ziploc bag |

Hiking Clothing (use synthetics and avoid cotton!)

- | | |
|---|---|
| <input type="checkbox"/> Synthetic wicking long-sleeve undershirt | <input type="checkbox"/> Regular underwear |
| <input type="checkbox"/> Long-sleeved shirt | <input type="checkbox"/> <i>Optional</i> - Hat for sun/rain (wide brim) |
| <input type="checkbox"/> Long pants of synthetic fabric, like track pants | |
| <input type="checkbox"/> Fleece jacket, or wool/synthetic sweater | <input checked="" type="checkbox"/> <u>BLUE JEANS AND COTTON SWEATSHIRTS/SWEATPANTS ARE BAD</u> |

Outerwear / Campsite-wear

- | | |
|---|---|
| <input type="checkbox"/> Rain Suit (jacket with hood+pants) or Poncho | <input type="checkbox"/> Fleece or wool gloves/mittens |
| <input type="checkbox"/> Synthetic wicking long underwear (bottom) | <input type="checkbox"/> Hat for warmth (fleece/wool cap) |
| <input type="checkbox"/> <i>Optional</i> - fleece scarf/neckwarmer | <input type="checkbox"/> <i>Optional</i> – extra midlayer (shirt, sweater, or vest) |

Footwear

- | | |
|--|--|
| <input type="checkbox"/> Hiking boots – <i>well fitting, broken in</i> | <input type="checkbox"/> <i>Optional</i> - Light-weight camp shoes (e.g. flip flops) |
| <input type="checkbox"/> Hiking socks, 2 pair | <input type="checkbox"/> <i>Optional</i> - Wicking liner socks |

Other Personal Items

- | | |
|---|---|
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> <i>Optional</i> - Lip balm, with sun protection |
| <input type="checkbox"/> Toothbrush & toothpaste | <input type="checkbox"/> <i>Optional</i> - Pajamas. <i>Note that these can also be worn under daytime clothes at campsite as an extra layer to stay warm!</i> |
| <input type="checkbox"/> Medications, if any (<i>alert the adult leader!</i>) | |

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Personal Camping Gear

- | | |
|--|---|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> Plate or bowl or cup |
| <input type="checkbox"/> Sleeping pad | <input type="checkbox"/> Eating utensil(s) |
| <input type="checkbox"/> Stuff sack for sleeping bag | <input type="checkbox"/> |
| <input type="checkbox"/> Plastic bag as liner for stuff sack | <input type="checkbox"/> |

Team* Camping Gear

- | | |
|---|---|
| <input type="checkbox"/> Stove and fuel | <input type="checkbox"/> Tent (tent, rain fly, poles, & stakes) |
| <input type="checkbox"/> Cooking pot(s), appropriate for team meals | <input type="checkbox"/> Gallon Ziploc bag (for trash) |
| <input type="checkbox"/> Cooking utensils | <input type="checkbox"/> |
| <input type="checkbox"/> Pot grabber/handle, if needed | <input type="checkbox"/> |

Personal Food – (each scout will provide his own, as shown in Essentials above)

- Two 1 liter bottles/canteens of drinking water,
- Ready-to-eat trail mix/snacks
- Saturday lunch - (bag lunch/cold meal)

Team* Food - each team will decide and plan

- Saturday dinner (nutritious hot meal, and hot beverage like cocoa or tea)
- Sunday breakfast - (quick and easy hot or cold meal, team will choose)

Team* Entertainment - each team will decide and plan

- Fireside skit, joke, song, story, Scout lore, or woodcraft to share.
- Optional* – Frisbee, hacky sack, tennis ball, or similar
- Optional* – Playing cards, travel yahtzee, Uno, Pass the Pigs, Phase 10, or similar

*Team is made of 3 scouts that will share one tent and cook meals together as a group. Shared food and equipment will be distributed fairly between the team by weight.