Backpacker's List

Check once to make your pers	sonal lis	t 🗸 🗸	Check twice when packed
16.600	3	90	Waterproof jacket/poncho and pants
The Scout Ten Essentials	6		Swim suit
(to be carried at all times)			Personal medication
Pocketknife			Lip balm
First aid kit*			Insect repellent
Extra clothing			lotion, aloe vera
Rain gear			Eating utensils
Water bottle			Cup, bowl
Flashlight			Toothbrush, Toothpaste, Comb
Trail food			Biodegr <mark>adable</mark> soap
Matches (waterproof) and fire starter			Wash cloth and towel
Sun Protection, sun glasses			Boy Scout Handbook
Map and compass	, \		Optional Gear
Toilet paper (11th essential)	1		I.D., money
		$\Box\Box$	Notepad, pencil
Individual Gear	4.1		Fishing tackle
	146		Sitting pad
(to be carried by each person)			Boy Scout Field Book
The Scouts Ten Essentials			
Personal Emergency Kit **	-		PERSONAL FIRST AID KIT *
Backpack	-		
Pack cover (extra plastic trash bag)	ΠV	00	1" Band-Aids x 6
Sleeping bag, liner	U,		Sterile pads (4"x4") x 6

Stuff sack, straps Sleeping pad Pillow Hiking Stick Clothing for the season Warm-Weather Clothing Short-sleeve shirt T-shirts Hiking shorts Long pants Sweater or warm jacket Underwear **Hiking Boots** Light shoes to wear in camp Scout Cap Bandannas Cold-Weather Clothing Long-sleeve shirt Wool shirt Long pants (wool are fine) Wool sweater Long underwear Socks Insulated coat with hood

Mittens or gloves

Boots or muklucks

ID KIT * Sterile pads (4"x4") x 6 ½" adhesive tape (1 roll) Roll gauze Elastic wrap 2" Moleskin Alcohol wipes x 6 Antisepic Petroleum jelly (small tube) Scissors (small) Tweezers (small) Zip lock bag to put it all in.

PERSONAL EMERGENCY KIT **				
	Electrolyte replacement			
	Spare food, power bars			
	Candles, fire starter			
	Waterproof matches, safe			
	Emergency blanket			
	Signal mirror			
	Whistle			
	Survival guide			
	Spare flashlight bulbs			
	Spare batteries			
	Small stuff sack to put it all in			