

Backpacking / Camping Check-list

General:

- Backpack & rain cover
- Sleeping bag (20 degree or less)
- Sleeping bag liner
- Foam or self-inflating pad
- Hiking boots
- Walking staff [opt]

Ten Essentials

- Compass
- Maps
- Pocket knife
- Matches/lighter/fire starter
- Water (2 quarts minimum)
- Flashlight (2 AA), extra batteries & bulb
- Personal First Aid kit (including moleskin)
- Extra food
- Bad weather clothing
- Whistle or other signaling device

Miscellaneous:

- Prescription medications (as required)
- Plastic bags, mixed sizes
- Paper and pencil
- Watch (if you have one)
- Scout Book
- Playing cards [opt]
- Camera and film [opt]

Personal:

- Tooth brush
- Tooth paste (small)
- Bio-degradable soap
- Small towel
- Sun screen
- Chapstick
- Toilet paper
- Unbreakable mirror
- Mess Kit
- Sunglasses

Clothing:

- Rain coat & pants
- Sweater or fleece jacket
- Winter coat
- Knit hat
- Gloves (mittens keep your hands warmer)
- Layers
- Long underwear, top & bottom
- 3 sets of socks (wool outer, synthetic inner)
- Sleeping clothes (zip-lock bag to keep dry)