

Three Season Backpacking Checklist



Consider these items when planning and/or attending backpacking events with our troop

Gear

- Internal or External Frame Backpack (55-70L)
- Sleeping Bag (20° to 50°F) (lightweight and compact)
- Sleeping Pad (lightweight and compact)
- Trail Stove with Fuel (canister preferred)
- Lighter and Waterproof Matches
- Cook set
- Eating Utensils, Bowl, Insulated Cup
- Headlamp with Extra Batteries
- Extra Water Bottle (32oz) – 2 total
- Assorted zip-lock bags
- Lip Balm (SPF 15+)
- Toilet Paper & Trowel
- Assorted zip-lock bags

Optional

- Trekking Poles
- Sunglasses, glasses, contacts
- Sun hat
- Bandana

What NOT to bring

- ⊘ Never bring any gun other than a squirt gun
- ⊘ Never bring alcohol or tobacco
- ⊘ Adults cannot use tobacco in the presence of Scouts
- ⊘ Never bring fireworks, sparklers, etc.
- ⊘ Never bring any pet of any kind
- ⊘ No fixed blade knives
- ⊘ Candy, food, snacks not allowed in tents
- ⊘ Ask before bringing any personal food items
- ⊘ Open toe shoes cannot be worn in camp
(allowed for shower only)
- ⊘ Never bring anything expensive or irreplaceable
- ⊘ No electronics, radios, TVs, iPads, etc.

Outdoor (10) Essentials

Pack for all camping and hikes

- Small Personal First Aid Kit
- Water Bottle (1 liter)
- Flashlight
- Trail Food
- Sunscreen (SPF 15+)
- Whistle
- Map and Compass
- Rain gear, poncho, etc.
- Pocket knife / multi tool
- Matches / fire starters

Accessories

- Wool or Fleece Hat
- Midweight or Fleece Gloves

Clothing

- Place all clothing in waterproof stuff sacks
- Always look at the weather and adjust accordingly
- Avoid Cotton, especially in cold weather

Outerwear

- Jacket (Waterproof & Breathable)
- Pants (Waterproof & Breathable)
- Jacket or Sweater
- Hiking Pants (Synthetic)
- Shorts (Synthetic)

Base Layer

- Midweight Long John Top
- Midweight Long John Bottoms
- Long Sleeve T-Shirt
- Synthetic T-Shirt
- Synthetic Briefs

Footwear

- Hiking Boots (Waterproof)
- Socks (3) (Wool or Synthetic)
- Liner Socks (3)

Optional

- Waterproof Gators
- Hat – important in tick season

