

CHECK LIST FOR “3 SEASON” BACKPACKING (VER.11-24-09)

- Map (will get from PL)
- Compass with base plate
- Digital watch, inexpensive, water resistant, with time/alarm/chronograph/timer/light
- Water already in bottle (bring (2) 1 liter water bottles - wrap with duct tape)
- Rain gear (jacket and pants)
- Emergency snack food
- Fire starter and mini lighter or matches together in a waterproof container
- First aid kit (see BSA handbook) and medication
- Pocket knife (WEAR)
- Flashlight with extra batteries and bulb - head lamp is best
- Whistle on neck lanyard (WEAR)
- Insect repellent
- Sunscreen / lip balm
- Mess gear (bowl, spoon, cup) no need for the rest
- Ball cap with brim or “bucket” type hat with all around brim (WEAR)
- 2 pairs of wool or synthetic socks - WEAR ONE
- 2 pairs of polyester liner socks - WEAR ONE
- 2 pairs of long synthetic pants - WEAR ONE (if cool)
--or--
- 2 pairs of synthetic shorts - WEAR ONE (if warm, plus pack longs for cool evening)
zip-offs could double as both
- 2 long-sleeved synthetic shirt - WEAR ONE (if cool)
- 2 short sleeved synthetic shirt - WEAR ONE (if warm) if you only have long sleeved,
you can push up the sleeves to make short
- 1 pair long underwear tops and bottoms, synthetic (for sleeping or extra warmth)
- 1 fleece or wool jacket/pullover
- Waterproof hiking boots -WEAR
- 2 pairs of underwear - WEAR ONE
- 2 bandanas - WEAR ONE
- Sleeping bag (warm enough for the night time temperature) in a garbage bag lined
stuff sack
- Sleeping pad in lined stuff sack or garbage bag
- Wool or synthetic hat or balaclava
- Wool or synthetic gloves
- Rope, 25' of 1/8" nylon
- BSA Handbook in a zipper bag (must have!)
- Small notebook and pen or pencil in a zipper bag

- Framed backpack (preferably external) with straps for sleeping bag, properly fitted to torso size. Garbage bag pack liner for clothes, or several 2 gallon zipper bags
- Pack cover, nylon fitted or customized garbage bag
- Toiletries (toothbrush and paste, biodegradable soap, Purell and two day's worth TP in a zipper bag (no need for the whole roll))

OPTIONAL ITEMS

- Deck of playing cards, Uno, travel backgammon, etc.
- Paperback book
- Trekking poles
- Sun glasses
- Extra clear garbage bags for emergencies
- Extra buckle for hip belt
- Wind shirt, breathable ultra light nylon
- Quick dry camp towel
- Carabiners - Real ones are slightly more expensive, but last forever.
- Gaiters
- Rain hat
- Camera
- Water bladder (Platypus, Camelback, MSR)
- One complete change of clothes and shoes in a separate carry bag (just in case - leave in car)