



Troop 199 **Backpack** Check List

for 2 day backpack

Travel in Full Scout Uniform.
Change at Trail-head into hiking clothes.

PACK LIGHT BUT PACK CAREFULLY!

WEAR:

- Hiking Shorts (or convertibles)
- Hat (Baseball Cap)
- Boots
- T-shirt
- Socks
- Underwear

PACK:

- Backpack -- With "Belly-band".
- Sleeping Bag
- Stuff-bag
- Ground Cloth (5X7 ft ,10 to 20 mil thick)

Essentials: (in an easy to get to pouch)

- First Aid kit
- Compass
- Whistle
- One (1)** Hi-energy Bar (stored with main food stash while in camp)
- Poncho
- Map of Area (Troop to supply)
- Canteens --about 3-4 quarts total
- Scout Knife
- Matches (Waterproof)
- Rope (50 ft) (1/8 inch)

Clothing (in water proof bags):

- Underwear (1)
- Light shorts/swim trunks
- Long Sleeve Shirt
- Sweat Pants/PJs
- Gloves/Work Gloves
- Socks (2)
- Long Pants
- Warm Jacket
- Spare Sneakers (highly questionable due to weight!)
- T-Shirt (2)
- Ski Cap
- Sweater (?)

Assorted Stuff:

- Small Towel (3ft X 2ft)
- 2 Large Plastic Bags
- Stuff Bag
- Sun Block
- Insect Repellent
- Food Stuff bag (12 in diameter and 24 in long)
- Flashlight (2 AA size cell + spare bulb)
- Chap-stick
- Notebook & Pencil
- Plate, Knife, Fork, Spoon, and Cup
- Toothbrush, Small Soap, Comb, **Toilet Paper** (3/4 roll)
- Share -- Toothpaste, Deodorant to cut down weight

Your Share: (about 5 - 6 lbs!!!)

- Food (2 to 3 lbs)
- Cook-kit (0.5 lbs)
- Stove (0.3 lbs)
- possibly Tent (3 lbs)
- Wash-tubs (0.2 lbs)
- Fuel (0.3 lbs)

Optional (weight permitting!!!):

- Sleeping Pad*
- Camera *