



Troop 199 Check List

for **6** day backpack

→ TREK Checklist ←

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

PACK LIGHT BUT PACK CAREFULLY!

WEAR:

- | | | |
|--|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Hiking Shorts (or convertibles) | <input type="checkbox"/> T-shirt | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Hat (Baseball Cap or Rim) | <input type="checkbox"/> Boots | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Boots | <input type="checkbox"/> Socks | |

PACK:

- | | | |
|---|------------------------------------|--|
| <input type="checkbox"/> Backpack -- With "Belly-band". | | |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Stuff-bag | <input type="checkbox"/> Ground Cloth (5X7 ft ,10 to 20 mil thick) |

Essentials: (in an easy to get to pouch)

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|---|---|--|
| <input type="checkbox"/> First Aid kit | <input type="checkbox"/> Rain Jacket & Pants | <input type="checkbox"/> Scout Knife (small) |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Map of Area | <input type="checkbox"/> Matches (Waterproof) |
| <input type="checkbox"/> One (1) Hi-energy Bar | <input type="checkbox"/> <u>Canteens</u> --about 3-4 quarts total | <input type="checkbox"/> Rope (50 ft) (1/8 inch) |
| <input type="checkbox"/> Whistle | | |

Clothing (in water proof bags):

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|---|---|--------------------------------------|
| <input type="checkbox"/> Underwear (2) | <input type="checkbox"/> Socks (3) | <input type="checkbox"/> T-Shirt (3) |
| <input type="checkbox"/> Light shorts/swim trunks | <input type="checkbox"/> Long Pants (may be able to use 1 pair of zip-off convertibles) | |
| <input type="checkbox"/> Long Sleeve Shirt | <input type="checkbox"/> Gloves/ Light Work Gloves | |
| <input type="checkbox"/> Ski Cap | <input type="checkbox"/> Top and Bottom thermals | <input type="checkbox"/> Warm Jacket |

Assorted Stuff:

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|--|--|--|
| <input type="checkbox"/> Small Towel (3ft X 2ft) | <input type="checkbox"/> Insect Repellent | <input type="checkbox"/> Notebook & Pencil |
| <input type="checkbox"/> 2 Large Plastic Bags | <input type="checkbox"/> Food Stuff bag (12 in diameter and 24 in long) | |
| <input type="checkbox"/> Stuff Bag | <input type="checkbox"/> Flashlight (2 AA size cell + spare bulb or LED) | |
| <input type="checkbox"/> Sun Block | <input type="checkbox"/> Chap-stick | |
| <input type="checkbox"/> Utensils ----- | <input type="checkbox"/> Plate, <input type="checkbox"/> Knife, <input type="checkbox"/> Fork, <input type="checkbox"/> Spoon, and <input type="checkbox"/> Cup | |
| <input type="checkbox"/> Toilet Kit ----- | <input type="checkbox"/> Toothbrush, <input type="checkbox"/> Small Soap, <input type="checkbox"/> Comb, <input type="checkbox"/> Toilet Paper (3/4 roll) | |
| | <input type="checkbox"/> Toothpaste, Deodorant use smallest size ones | |

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

- | | | |
|--|--|--|
| <input type="checkbox"/> Food (2 to 3 lbs) | <input type="checkbox"/> possibly Tent (3 lbs) | <input type="checkbox"/> Stove (0.3 lbs) |
| <input type="checkbox"/> Cook-kit (0.5 lbs) | <input type="checkbox"/> Bear Canister (3 lbs) | <input type="checkbox"/> Fuel (0.3 lbs) |
| <input type="checkbox"/> Emergency Kit (Small multi-purpose tool, large first aid kit, emergency food, GPS, Cell Phone(?), Duct Tape, etc) | | |

Optional (weight permitting!!!): - Remember <25% of your weight for EVERYTHING!

- | | |
|--|-----------------------|
| Sleeping Pad* | Camera and batteries* |
| Spare Sneakers* (highly questionable due to weight!) | |