

# HIGH-ADVENTURE

## TROOP 1332 BACKPACKER'S CHECKLIST

### 10 Essentials

<ol style="list-style-type: none"> <li>1. Pocketknife</li> <li>2. First aid kit</li> <li>3. Extra clothing</li> <li>4. Rain gear</li> <li>5. Water bottle</li> <li>6. Flashlight</li> <li>7. Trail food</li> <li>8. Matches/fire starters</li> <li>9. Sun protection</li> <li>10. Map/compass</li> </ol>	<p>Each individual will have these essential items on their person. These items are your #1 priority. Never hike or trek without them on your person.</p> <p>Ideally they should be stored in a waterproof container and should be carried with the backpack or daypack. The better method is to have these items in a fanny pack so that you can remove it from your backpack and then wear it for the short side trips.</p> <p>These items should be considered your personal survival kit.</p>
--	---

### Individual items that you must have to hike or trek

<p>Hiking boots (above ankles)      1</p> <p style="padding-left: 100px;">Camp shoes      1</p> <p style="padding-left: 100px;">Socks (heavy wool)      3</p> <p style="padding-left: 100px;">Liner socks      3</p> <p style="padding-left: 100px;">Backpack &amp; light day pack      1</p> <p style="padding-left: 100px;">Sleeping bag in waterproof stuff sack      1</p> <p>Form pad (Therm-A-Rest or equivalent)      1</p> <p style="padding-left: 100px;">Tent      1</p> <p style="padding-left: 100px;">Ground cover (waterproof, inside tent)      1</p> <p style="padding-left: 100px;">Bandanas      3</p> <p style="padding-left: 100px;">Extra shirt      1</p> <p style="padding-left: 100px;">Extra pant      1</p> <p style="padding-left: 100px;">Fleece jacket      1</p> <p style="padding-left: 100px;">Gloves      1</p> <p style="padding-left: 100px;">Hat      1</p> <p style="padding-left: 100px;">Wool cap      1</p> <p style="padding-left: 100px;">Rain gear      1</p> <p>Eyeglasses/prescription medicine      A/R</p> <p style="padding-left: 100px;">Water bottles (3 liters minimum)      3</p> <p style="padding-left: 100px;">Emergency kit with 10 essentials      1</p> <p style="padding-left: 100px;">Mess kit (spoon, bowl, cup)      1</p> <p style="padding-left: 100px;">First Aid kit      1</p> <p>Toothbrush, toothpaste (share with Crew)      1</p> <p style="padding-left: 100px;">Biodegradable soap, small towel      1</p> <p style="padding-left: 100px;">Small antiseptic hand wash      1</p>	<p>These items are <i>individual</i> items that you will carry on your hike or trek. These are <i>not</i> Crew items.</p> <p>Camp shoes are <u>always closed toe shoes</u> and could be something you could hike in. Tennis shoes are good.</p> <p>Do not use cotton socks for trekking.</p> <p>Store your sleeping clothes with your sleeping bag. Never wear your sleeping clothes for anything other than sleeping in.</p> <p>Tents should be shared with 2 or 3 trekkers. Use a ground cover inside the tent, never outside.</p> <p>Bandanas are used for head wear, as a bandana, and for washing.</p> <p>Extra shirt and pants should be lightweight variety. Bring only a lightweight fleece jacket for warmth.</p> <p>Use only rain gear that has pants and tops, never use a poncho. It does not protect from the rain or the wind.</p> <p>Water should be transported in non-destructible containers that are 1 liter or more per bottle. Never carry all your water in one bottle or container. <u>All containers will be marked with WATER or JUICE.</u></p> <p>Mess kits should <u>not</u> use plates, Frisbees, or items that will break. Metal or Lexan-based products are best.</p> <p>Your personal first aid kit will contain items to clean and dress minor wounds, take care of blisters and minor burns and insect bites. Should also include internal medications that you are allowed to consume.</p> <p>The best small flashlights are the LED-based items; one always on your person, the other in a tent. If you carry a flashlight that could require a battery change, bring along 1 extra set of batteries.</p> <p>The Crew carries toilet paper, however, a small roll will</p>
---	---

---

Sunscreen, hand cream, chapstick	1	ensure that you are prepared.
Toilet paper (in baggie)	2	Bring along 3 1-gallon size bags for putting in wet items or waterproofing items.
Small flashlight	2	
Repair kit (safety pins, needle/thread.	1	
Pocket knife (small)	1	
Plastic bags for waterproofing gear	3	
3/16" nylon line (48" minimum)	1	
Pen or pencil, paper or notebook	1	
Sunglasses	1	
Personal Medicine, i.e. inhaler	1	

---

**Individual items that are nice-to-have for your hike or trek**

---

Camera and film	Reading material	Gaiters or long plastic bags
Hiking poles	Spare laces for boots	Additional space blanket
Chair	Money (not over \$15 in \$1 bills)	Thermal underwear
Candle lanterns	Comb	Clothespins
Fishing gear & license	Moist towelettes	Bible

---

**Crew Gear**

---

Stove & fuel (1 for every 4 people or 2 per Crew)	Each Crew leader ensures someone carries these items.
Water filter (1 for every 4 people or 2 per Crew)	
Cook pots, 2, 8 - 10 quart w/ lids	
Cleaning scrubbie & biodegradable soap	Food is divided among the trekkers and will account for
Duty roster	1/2 of your pack weight, and
Spoons, serving, 2	1/2 of your pack volume
Map and compass	
Repair kit (mini pliers, cotter pins, etc.)	
Baggies (small, large, trash)	
Trowel (for sanitation)	
Bear bag	
Crew dining fly	
Strainers (for food)	
2 - 2-1/2 gallon water containers	
3 - 100' lengths of 3/8" used climbing rope	
3 non-climbing rated 'beaner's	