

## Troop 55 Backpacking Trek & Outing Gear Checklist

### Personal Gear

- Backpack with padded hip strap – REI & EMS will help you get these fitted
- Sturdy waterproof pack cover
- Assorted Ziploc Freezer Bags
- Lightweight Sleeping Bag with the appropriate temperature rating for the outing
- Sleep clothes – 1 set very lightweight
- Sleeping Pad (lightweight)
- Hiking boots (broken in)
- 2+ Wool or synthetic wool socks
- Underwear
- Shorts – depending on weather
- Long Pants
- T-shirts-Troop 55 & Long-sleeve-shirt
- Lightweight warm jacket or outer shell
- Rain jacket
- Mess kit (lightweight bowl, cup, utensils)
- 2-3 Nalgene/water bottles
- Personal First Aid Kit, including Moleskin and blister treatment
- Small pocket knife
- Headlamp or flashlight (extra batteries)
- Toiletry kit (Toothpaste, toothbrush, etc.)
- Small, lightweight hand towel
- Sunscreen
- Insect Repellent
- Personal trail snacks

### Patrol Equipment

- Backpacking Stove
- Fuel Bottle w/ fuel
- Tents (1 per 2 scouts) with Ground Cloth
- Cooking & cleaning kit
- Matches
- Bear Bag
- Towel and Toilet Paper
- Trash bags & Paper towels
- Water Filtration pump and filters
- Mess bag for dish and utensil drying
- Water purification tablets

### Troop Equipment

**Note: No Troop Equipment on Dolly Sods Outing**

- First Aid Kit
- Compass and Topo Maps
- Nylon Cord, two 50' lengths
- Leatherman or substitute
- 3 Dining Flies with Poles

### Other Option Equipment

- Camp shoes
- Hat
- Gaiters
- Lip balm
- Sunglasses
- Camera
- Watch with alarm
- Small Camping Pillow
- Bandana
- Personal compass, mirror, whistle
- Walking staff
- Pencil, pen and small writing pad
- Lightweight camp stool

### Cold Weather Additions or Substitutes

- Pull over hat and gloves
- Warm jacket and warm long pants
- Wool or synthetic long-sleeve shirt
- Long underwear
- Hand and feet warmers