



APPALACHIAN OUTFITTERS & TROOP 9 BACKPACKING CHECK LIST



⊙ optional ♣ can be checked out from Quartermaster

THE TEN ESSENTIALS

Carry these REQUIRED items on you on every outing, weather paddling, biking, day hiking, climbing, sailing, or backpacking in the great outdoors. **Always assume you may have to spend an unexpected night in the backcountry!**

- Navigation (map of area & compass) ♣
- Sun (sunscreen, hat, glasses) & Insect Protection
- Extra Clothing (insulation/rain gear)
- Flashlight/Headlamp
- First-Aid Kit (personal) w/ Paper & Pen
- Waterproof Matches w/Striker & Fire Starters
- Fix It Kit (duct tape, knife/multitool, etc)
- Trail/Emergency Food
- Full Water Bottle(s) & Treatment (64oz Min)
- Emergency Kit w/ Cord, Shelter & Whistle

OTHER GEAR

- Backpack ♣
- Sleeping Bag w/ H₂O Proof Stuff Sack ♣
- Sleeping Pad/Mattress ♣
- Daypack (for side trips)
- Pack Cover
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- Cup, Plate, Bowl, Utensils
- 50' of Para-Cord
- Toothbrush & Paste
- Watch ⊙
- Hiking Pole(s) ⊙
- Camp Chair ⊙
- ZipLocks/Dry Bags to Keep EVERYTHING Dry

TRAIL CLOTHING

Layers! Plan for **3 Key Layers** and and Adjust Based on Climate, **DON'T OVER PACK OR OVERBUY!** Items You Already Own May Suffice. Synthetic over Natural Fibers In Most Cases

1. **BASE LAYER** (Wicks Moisture Away from Your Skin)

- Troop Class B T-Shirt
- Wicking Synthetic T-Shirt
- Wicking Underwear/Long Underwear
- Socks (3 pair for weekend trips)

2. **INSULATING LAYER** (Heat Retention)

- Fleece/Down Jacket/Sweatshirt
- Fleece/Poly Sweatpants
- Long Sleeve Shirt

3. **SHELL LAYER** (For Wind/Rain, Breathable is Better)

- H₂O Proof Rain/Shell Jacket
- H₂O Proof Rain/Shell Pants
- Warm Hat
- Gloves
- H₂O Proof Boots (preferably covering the ankle)
- Camp Shoes/Sandals ⊙

CONSIDER FOR WARMER WEATHER

- Bathing Suit
- Camp Shoes/Sandals ⊙
- Pack Towel

GROUP GEAR

These items you will likely share with your tent partner(s) or patrol, but some items may be personal items, depending on the trip)

- Food
- Drinks
- Cooking Pots/Pans/Utensils/Measuring Cup ♣
- Cook Stove ♣
- Fuel
- Water Filter ♣
- Complete Tent w/ Ground Cloth ♣
- Group Shelter ♣
- Axe ♣
- Saw ♣
- Toilet Paper & Trowel ♣
- Shovel
- Bear Bag & Hoisting Line
- 2 One Gallon Ziplocks for Personal/Group Trash
- Clean Up Kit (soap, basin, sanitizer, scrubby) ♣
- Packable Lantern

DON'T BRING

Electronics, Radios, Cell Phones, Music Players, Video Games, TVs, Guns, Knives w/ Blade Longer than Width of Palm, Sheath Knives, Alcohol, Tobacco, Fireworks, Sparklers, Candy