



Troop 74 Backpack Essentials

SCOUT NAME: _____

What to bring

Packed Backpack with supplies shown below (check pack fit before leaving) with water easily accessible; Hiking boots (worn in, not brand new); 2 pair of layered socks, polypropylene liners recommended, Sack Lunch for Saturday; Sunscreen on.

	1st Check	2nd Check	Notes
2nd signed release form in pack			
Light weight sleeping bag			
Sleeping pad			
Change of clothing (extra shirt, underwear, socks, and pants) ¹			
Long sleeve shirt, sweater, or windbreaker			
Light camp shoes			
Light weight gloves			
Beanie cap or hat for warmth			
Plate, utensils, cup, bowl			
Two, 1-quart water bottles, filled before we leave ²			
Toiletries ³			
Lip balm			
Flashlight w/ extra batteries			
Pocket knife & Totin' Chip card			
Matches in waterproof container			
50-foot x 1/8" nylon cord			
Personal first aid kit and prescription medicines ⁴			
Pencil and paper			
Yard sized trash bag			
12" x 24" aluminum foil sheet			
Bandana			
Whistle and small mirror ⁵			
Rain poncho			

¹ Don't over do it, but remember to plan for weather changes.

² One is for the scout (canteen) and the other for Troop cooking water. Do not drink from Troop water container.

³ Toothbrush, toothpaste, deodorant, and any other necessary items.

⁴ Don't forget to bring any special prescription medications. If you have asthma, but don't use your inhaler very often, still bring it. Be Prepared!

⁵ Best hanging from outside of pack for easy access.