

Troop 479 15 Essentials Checklist

15 ESSENTIALS

<input type="checkbox"/>	Pocketknife	Required on all troop outings. Total weight of these 15 items (except water & extra clothes) should be 2-ish lbs. Lightweight, multi-use, folding
<input type="checkbox"/>	1st Aid kit	Bare essentials - Band-Aids, moleskin, disinfectant
<input type="checkbox"/>	Extra Clothing	Extra socks/liners at a minimum. Extra underwear, pants, shirt if more than a 2 day trip or rain is possible.
<input type="checkbox"/>	Rain gear (top/bottom)	Must have for a long term trip! Check the weather before leaving on a short outing to see if rain is possible.
<input type="checkbox"/>	2 Nalgene widemouth 1 quart water bottles	Widemouth so it fits the water filters, screw on cap so it doesn't leak when tossed around in your pack
<input type="checkbox"/>	Headlamp	Must have! Replaces your standard flashlight. Lightweight, small, hands free.
<input type="checkbox"/>	Trail Food to snack on	Lightweight, won't spoil or crush or melt. M&M's, Skittles, granola bars, dried fruit, nuts, etc.
<input type="checkbox"/>	Wind or Storm Proof Matches and Fire Starter	Painter's steel wool from Home Depot works great, cheap, lightweight, space saving.
<input type="checkbox"/>	Sun Protection	Hat, Sunglasses, Suntan Lotion, Chapstick. Must have all of them!
<input type="checkbox"/>	Compass and Map	Map usually provided by your trip leader.
<input type="checkbox"/>	Whistle and optional signalling mirror	Use plastic instead of metal so you lips won't freeze to the whistle if it's cold.
<input type="checkbox"/>	Space Blanket	Useful as an emergency shelter and blanket. Keep it small and light. Walmart has these for \$1.
<input type="checkbox"/>	Bandana	Useful as a bandage, towel, dust mask, glove, etc.
<input type="checkbox"/>	Toilet paper	Small, partial roll from home.
<input type="checkbox"/>	Parachute Cord & Duct Tape	At least 25' of cord (Walmart for cheap). At least 6' of tape wrapped around your Nalgene bottles to save space.

Troop 479 Backpacking Checklist

Main Gear		Some more needed than others. Contact your trip leader or Outdoor Coordinator if you have questions.	Req'd	Recom'd
<input type="checkbox"/>	Backpack	Mine is external frame - 4 lbs, Internal frame is more popular - 5-6 lbs	x	
<input type="checkbox"/>	Sleeping Bag in a compression sack	15 degree bag or 25 degree bag, 3-4 lbs	x	
<input type="checkbox"/>	Tent (coordinate a tent partner with trip leader)	Lightweight (3 - 5 lbs max)! Don't forget a tarp or footprint to go underneath. Boys can share a 2-man.	x	
<input type="checkbox"/>	Sitting pad	Cheap foam pad cut to size to save weight -- highly recommend		x
<input type="checkbox"/>	Stove + fuel	Patrols share a troop stove. Adults should coordinate with each other. 1 stove per 4 people.	x	
<input type="checkbox"/>	Pots, Pans, Utensil, Scouring Pad	Patrols share troop equipment. Adults should coordinate with each other.	x	
<input type="checkbox"/>	Pillow	Can use bunched up clothes instead in a stuff sack -- I sometimes use a small pillow from REI if I have room		x
<input type="checkbox"/>	Camelback bladder	Great for drinking from your pack as you hike		x
<input type="checkbox"/>	Mattress Pad	Mine is a 2" thick inflatable (2lbs). Foam pads are lighter and cheaper (1 lb), Thermarest is popular (2-3 lbs)	x	
<input type="checkbox"/>	Backback Raincover	To keep your pack dry in the rain. I use a large trash back for this, it's much lighter, cheaper and multiuse.		x
<input type="checkbox"/>	2 Cups or Mugs	Lightweight -- 1 for your beverage or serving water, the other for your meal. No need for a plate or bowl.	x	
<input type="checkbox"/>	Spoon or Spork	The only utensil I use	x	
<input type="checkbox"/>	Srowel - Small, orange, platic type	Nothing metal, must be lightweight. Can be shared among several scouts/adults		x
<input type="checkbox"/>	Hand Wipes - small individual use packets	A scout is clean. Pat & Oscars offers small and light single use packs. Have a great meal there too!		x
<input type="checkbox"/>	Extra socks	Must have. Nothing more important than healthy feet when hiking	x	
<input type="checkbox"/>	Extra batteries	For your headlamp		x
<input type="checkbox"/>	Extra underwear	For longer trips		x
<input type="checkbox"/>	Nylon shorts	To swim in, wear while washing hiking pants		x
<input type="checkbox"/>	Windbreaker	Lightweight and thin, but blocks wind. Rain protection could double as windbreaker to save weight/space		x
<input type="checkbox"/>	Parka - if there's any chance of cold	Lightweight and warm. Down is light, but not good when wet. Man-made insulation stays warm when wet. Mine uses Primaloft as insulation and weighs only 1 lb.		x
<input type="checkbox"/>	Fleece jacket	Layered warm clothing is important @ high altitude	x	
<input type="checkbox"/>	Fleece cap	Great to sleep in. 90% of heat lost is through the uncovered head.	x	
<input type="checkbox"/>	Polypropylene (thermal underwear) top/bottom	For warmth and for sleeping in, don't bring the cheaper cotton thermals		x
<input type="checkbox"/>	Extra hiking shirt	For longer trips. Make sure it's a wicking shirt		x
<input type="checkbox"/>	Flip flops, mocosins or Croc's	Feels great once in camp! Croc's are very lightweight, and can be used to cross streams and keep boots dry.		x
<input type="checkbox"/>	Bug repellent	DEET works well		x
<input type="checkbox"/>	Bug head net	Lightweight, small, but very helpful when bugs are thick.		x
<input type="checkbox"/>	Toothbrush	Small, collapsable, lightweight.	x	
<input type="checkbox"/>	Toothpaste	Small, sample size tube	x	
<input type="checkbox"/>	Advil	Great for altitude headaches	x	
<input type="checkbox"/>	Deodorant	For longer trips. Teenagers stink.		x

TO WEAR WHILE HIKING		No Cotton materials. Cotton is heavy and offers no insulation when wet.	Req'd	Recom'd
<input type="checkbox"/>	Class A uniform for travel in car	Remove and leave in the car once you arrive	x	
<input type="checkbox"/>	Broken in waterproofed boots	Walmart has these for cheap. Boys outgrow too quickly to justify expensive boots.	x	
<input type="checkbox"/>	Quality socks and wicking sock liners	You'll wish you'd invested in these when you get your first blister.	x	
<input type="checkbox"/>	Zip-off pants/shorts	Maximizing space and comfort while hiking.		x
<input type="checkbox"/>	Long sleeve wicking button down hiking shirt	Long sleeves offers good sun protection, wicking maintains comfort. very lightweight if you can afford it		x

OPTIONAL		Not required for every trip. Check with your trip leader to see if you should bring these.		
<input type="checkbox"/>	Money	For meals/snacks while in route		x
<input type="checkbox"/>	Camera	Digital		
<input type="checkbox"/>	Book/cards	Rip book in half to reduce weight...		
<input type="checkbox"/>	Hiking Poles	Helpful in steep conditions.		x
<input type="checkbox"/>	Fishing gear	Lures, pliers. Must have for Sierras! Don't need for San Jacinto or Gorgonio		
<input type="checkbox"/>	Bear vault	Mandatory in the Sierras and Gorgonio		
<input type="checkbox"/>	Sleeping bag liner	Extra warmth if the forecast is colder than your sleeping bag is rated		
<input type="checkbox"/>	Gloves	Must have if it gets cold. Work gloves could double as a seat and warmth		x
<input type="checkbox"/>	A&D ointment	All purpose skin protection for rashes, burns, etc.		
<input type="checkbox"/>	Bactine	lots of bugs!		
<input type="checkbox"/>	Pack towel	Lightweight super-absorbent towel		

MEALS		Patrols will plan menus and shop for food to split up amongst patrol. Same for adults.		
Patrols plan and buy their own		Freeze dried is lightest (REI, Wal-Mart, Campmore) for a longer trip. But for weekend hikes they're too expensive.		

TOTAL WEIGHT
 You want total pack weight (including food and water) to be less than 1/3 of scout's weight (preferably 1/4)
 An average boy scout's pack for a 1 night trip is around 25-30 lbs. An average adult's pack weight is around 35-40 lbs.