

BSA TROOP 323

Individual Equipment Checklist for Backpacking

All Scouts and Parents planning to participate in a **BACKPACKING** event must have the following individual equipment:

- Internal or external frame backpack capable of carrying at least 40 pounds
- Comfortable hiking boots
- * **Personal mess kit – Bowl, cup, spoon minimum**
- * **Water bottles / canteens – at least 5 quart total capacity per day in hot weather**
- * **Rain suit or Poncho**
- * **Sleeping bag and ground pad (rated for 20° F or less for cold weather camping)**
- * **Change of clothes (lightweight) packed into a Ziploc or plastic trash bag**
- Long pants / light jacket
- Clean sleeping clothes / pajamas
- Clean pairs of socks
- Clean pairs of underwear
- Layers for cold, if necessary
- Toothbrush / toothpaste
- Sunscreen
- Bug repellent
- Flashlight or headlamp
- Camp chair
- Lightweight tent (1 for every two campers) troop supplied
- Personal first aid kit

After stuffing all of your gear into your pack, you must still have room for your share of cooking gear and food

Bring all your gear to the Scout meeting prior to this event for a Gear Check

*** An adult leader must check these items before anyone is allowed to go on the trip**