



PACK LIKE A PRO:

BACKPACKING GEAR CHECKLIST

	Lbs/OZs		Lbs/OZs
1. THE SCOUT'S 6 ESSENTIALS, PLUS 4 MORE	_____	3. LUXURY ITEMS	_____
<input type="checkbox"/> Hydration: Water bottle, filtration/tablets or reservoir back-up based on trip	_____	<input type="checkbox"/> Camp pillow	_____
<input type="checkbox"/> First Aid: (small kit) blister care, pain or inflammation medicine, tape/bandages, disinfectant wipes, insect repellent, etc.	_____	<input type="checkbox"/> Battery pack with cord (if leader and necessary)	_____
<input type="checkbox"/> Headlamp/flashlight and extra batteries	_____	<input type="checkbox"/> Camp chair	_____
<input type="checkbox"/> Whistle or emergency signaling	_____	<input type="checkbox"/> Trekking poles	_____
<input type="checkbox"/> Sun protection clothes and/or lotion	_____	4. LOCATION-DEPENDENT/SEASONAL ITEMS	
<input type="checkbox"/> Food: trail snacks, dried food bags, etc. 2-2.25 lbs per day plus emergency rations	_____	<input type="checkbox"/> Bear can/bag	_____
<input type="checkbox"/> Extra clothes/layering system, rain protection (light weight), dry socks, under-wear, sleepwear (seasonal hat/gloves)	_____	<input type="checkbox"/> Fleece or additional warm layer	_____
<input type="checkbox"/> Pocketknife	_____	<input type="checkbox"/> Rain pants or wind pants/shirt	_____
<input type="checkbox"/> Fire: lighter/flint and steel, stove and fuel	_____	<input type="checkbox"/> Sleeping bag liner	_____
<input type="checkbox"/> Navigation: compass/map	_____	<input type="checkbox"/> "HOT HANDS" or hand warmers	_____
<input type="checkbox"/> Shelter: tent, tarp/footprint or bivy	_____	<input type="checkbox"/> Personal quick-dry towel	_____
2. OTHER ESSENTIALS		<input type="checkbox"/> Trail gaiters (optional)	_____
<input type="checkbox"/> Backpack	_____	5. ON YOUR BODY	
<input type="checkbox"/> Sleep system: Sleeping bag or quilt, sleeping pad	_____	<input type="checkbox"/> Hiking shirt: wicking wool or synthetic, never cotton	_____
<input type="checkbox"/> Cookware and utensils	_____	<input type="checkbox"/> Hiking bottoms: Fast-drying convertible pants (or layered thermal if cold), or shorts	_____
<input type="checkbox"/> Waterproof liner or rain cover for pack	_____	<input type="checkbox"/> Hiking socks	_____
<input type="checkbox"/> Toiletries: Toothbrush, toothpaste or bites, wet wipes, biodegradable soap	_____	<input type="checkbox"/> Hiking/wicking underwear	_____
<input type="checkbox"/> Gear repair kit-as needed	_____	<input type="checkbox"/> Chaffing stick – if needed	_____
<input type="checkbox"/> Bathroom kit: lightweight trowel, TP, hand sanitizer and "pack-out" baggies	_____	<input type="checkbox"/> Hiking boots or trail runners	_____
		<input type="checkbox"/> Sports bra for females	_____
		<input type="checkbox"/> Hat	_____
		<input type="checkbox"/> Sunglasses	_____

PACK A BACKPACK CHEAT SHEET –

- Layout all your gear, adapt to season and weather (use your checklist so you don't forget anything)
- Weigh all your items (a beginner hiker should try to stay between 20-25lbs for short distance trekking- less is better); decide what to keep and what to trim down. i.e. don't bring the entire toothpaste tube- buy travel size or other options
- Loosen all compression straps
- Review the diagram of where to pack "heavy items," "easily accessed items," etc.
- Layer the heaviest gear in the lower back of the pack. Sleeping bag, clothes, camp stove, etc.

How to pack and repack

- Fill out the body of the pack with the lightest items, including camp towel, sleepwear, light toiletry items
- Put lighter items on top "in the lid" that you might need while you are hiking, including first aid, rain gear, snacks, sunscreen etc.
- Use your strap pockets for compass, headlamp, pocketknife, matches, things you might need quickly
- Fill out your other mesh pockets with water bottles, tent poles or trekking sticks, bathroom, etc.
- Cinch down pack compression straps, secure your load and test out your pack.
- Adjust shoulder straps and support for comfort fit