

Boy Scout Backpacking Items List

L=Leader	S=Scout	B=Both	O=Optional
Clothing	Food	Equipment	Emergency Items
B Fleece Top(s)	B Gatorade, Dehydrated	B Water Container(s)	B First Aid Kit
B Underwear in Ziplock	B Peanut Butter & Jelly	L Map or Trail Guide in Ziplock	B Emergency Heat Bag
B Socks in Ziplock	B Bagels or Bread	B Compass or GPS	B Rope
B Sleeping Shirt	B Cheese	B Headlamp & Extra Batteries	L Cell Phone
B Sleeping Pants	B Crackers	B Mess Kit	L A&D Ointment
B Hiking Pants	B Power Bars	L Stove	L Bag Balm
B Hiking Shirt	L Coffee, Sugar, Creamora	L Water Filter & Iodine	B Toilet Paper (small roll)
B Sneakers, Sandals or Krocks	B Beef Jerky	L Matches	L Pepper Spray
B Hat	B Dried Fruit	B Tarp	B Knife/Tool
B Rain Coat	B Gorp	O Hammock	L Aspirin
B Rain Pants	L Planned Meals	B Tent	L Aleve
B Hiking Boots		O Torch	L Snake Bite Kit
B Bandana	Toiletries	LO Bear Container	
B Gloves	Tooth Brush	L Saw	
B Mosquito Net	Tooth Paste	B Sleeping Bag	
		B Sleeping Pad	
		O Camp Chair	
		L Food Bag (Stuff Sack)	
		L Rope (For Hanging Food Bag)	
		B Bug Spray	
		B Walking Stick	
		O Ice Cleats	
		L Spade	
		B Appropriately Sized Backpack Max. 25-30% of Body Weight	
		B Backpack Raincover	