

Troop 2970

High Adventure Backpacking Instructional Checklist



1. Explain the criticality of the 14 essential items needed for any backpacking adventure
2. Explain choosing good backpacking gear and understand the importance of knowing how & when to use it properly
3. Tie in why the right gear is important as it deals with scouting adventures and how it ties into future outdoor experiences the scouts will encounter

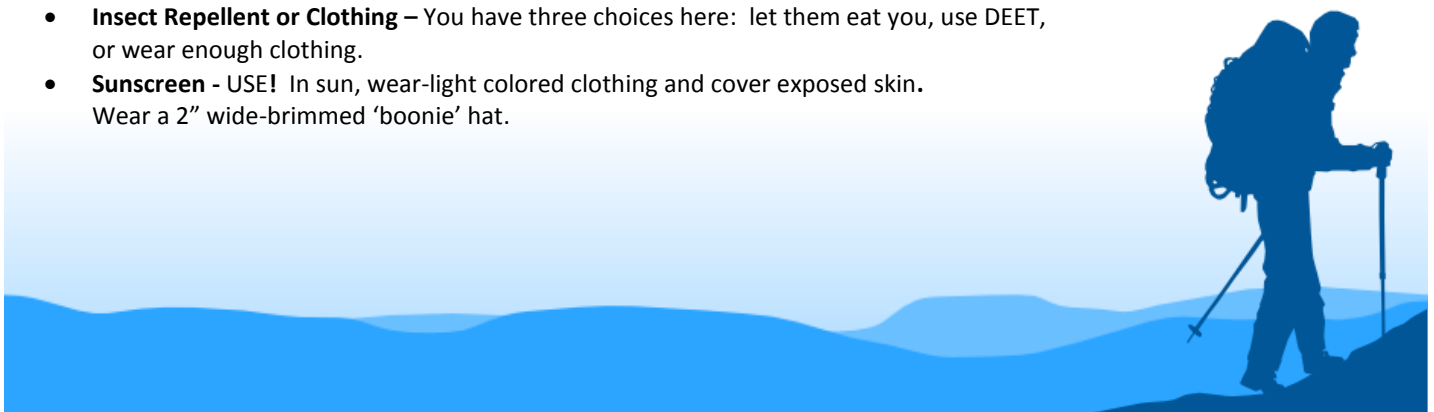
Be prepared with the right gear is one thing – knowing how & when to use it is key!

- Remember...everything you pack, you must carry
- Leave No Trace – you pack it in, you pack it out
- Before you carry it, ask yourself do I really need it
- Your most important essential is common sense

THE 14 ESSENTIALS: These are ***must*** carry items, no questions!

- **Map** - Waterproof or in waterproof cover – DON'T GET LOST
- **Compass** – Prefer Suunto or Silva, liquid filled with mirror. Know how to use it!!!
- **Headlamp or flashlight** - LED, waterproof, fresh or extra batteries.
- **Extra Food** - At minimum, one extra meal's worth per person.
- **Extra Clothes** - Lightweight fleece jacket, even in summer – plan for the worst.
- **Sunglasses** - Protect your eyes – you can't get home if you're blind!
- **First-Aid Kit** - Excellent choice from WildSafe.com for \$34.95 contains:

(2) Pairs Nitrile Gloves, Size L	(1) 3" x 5 Yards Elastic Bandages
(1) Waterproof SOAP Notes	(2) Triangular Bandages
(2) Band-Aids, Finger	(1) Sheet, Moleskin (4" x 6")
(2) Band-Aids, Knuckle	(1) 2" x 10 Yards Silk Tape
(2) Band-Aids, Bandages	(2) Triple Antibiotic Single-Use Packets
(2) 2" x 2" Gauze Pads (sterile)	(2) Alcohol Prep Pads
(2) 3" x 3" Gauze Pads (sterile)	(2) Antiseptic Wipes
(2) 4" x 4" Gauze Pads (sterile)	(1) Bio-Hazard Bag
(1) 2" Stretch Gauze Bandage (sterile)	(1) CPR Barrier w/ O2 Inlet (Hard Case)
(1) 3" Stretch Gauze Bandage (sterile)	(1) 5-1/2" Trauma Shears
- **Pocket Knife** - Your basic backpacking tool kit – don't go overboard though!
- **Waterproof Matches** - Keep separate from your regular match or butane lighter supply. Keep ready for emergencies.
- **Firestarter** - Useful for starting fires, especially in emergency situations, - Dryer lint, cotton balls covered in Vaseline.
- **Water/Filter/Bottles** - Carry plenty of fresh water. If familiar with the trail area and fresh water will be available, carry enough to get you there. If you aren't bringing water, treat or boil your water you drink.
- **Whistle** - For emergencies: when your lost, or someone else is lost. Keep it readily available, where you can reach if needed; i.e. not in your backpack in case you fall...around your neck is better!
- **Insect Repellent or Clothing** – You have three choices here: let them eat you, use DEET, or wear enough clothing.
- **Sunscreen** - USE! In sun, wear-light colored clothing and cover exposed skin. Wear a 2" wide-brimmed 'boonie' hat.



THE REST OF YOUR GEAR!

- **Lightweight Pack** - Large enough to fit all gear inside. Prefer compression straps, sternum strap, padded belt & back
- **Pack Rain Cover** - Will keep your pack contents dry during the rain that will happen!
- **Hiking Boots** - Good ones, broken in from wear!! Waterproof!!
- **Base Layer Clothing** - NO COTTON! Lightweight thermal underwear for winter or cold Spring/Fall hikes.
- **Insulation** - Light fleece jacket – 200 or 300 weight (summer or winter). Light fleece vest (optional) – 200 or 300 weight
- **Shell** - Windproof, waterproof, highly-breathable Parka or Jacket. Pit-zips provide ventilation. 2-way zipper & pack pockets for ventilation. Large enough to allow layering. Windproof, waterproof, rain pants.
- **Hiking Socks & Liners**, + extra pair
- **Quick-drying hiking shorts or zip-off pants**
- **Thin fleece gloves**
- **Fleece Cap** (fall, winter, spring)
- **Toiletry Ziploc** – Toothbrush & paste, hiking toilet paper, hand sanitizer, non-polluting backpack soap
- **Bathroom shovel**
- **Parachute Cord** (50 ft, many uses)
- **Bear Bag** - for overnight storage of 'smellables'
- **Ziploc bags** – extra for trash or other carry outs

FOOD (Take enough for the planned trip & one extra meal):

- **Snacks & Lunch:**
 - GORP** (Good Old Raisins & Peanuts) or Trail Food
 - Hard Cheese** (lasts longer)
 - Jerky** (beef/turkey) or salami
 - Cookies**
 - Crackers**
 - Energy Bars** (whatever you like)
 - Licorice Sticks**
 - Kudos**
 - Dried Fruit** (raisins, apples, pears, peaches, bananas)
 - Nuts**
 - Fig/Peach/Apple Newtons**
- **Main Courses**
 - Mountain House Meal Packs**
 - Breakfast (Scrambled Eggs w/bacon or ham)
 - Dinner (Spaghetti, Pasta Primavera, Chili Mac, Beef Stroganoff, etc)
 - Flour Tortillas**
 - Instant Soup** (Lipton's Chicken Noodle, Cream of Chicken)
 - Propel or Gator Aid single drink packs**
 - Dinner Spices**
 - Salt & Pepper
 - Onion Powder
 - Zataran's Cajun Seasoning
 - Tabasco (for flavoring)
 - Dried meat/fish**

ALL OVERNIGHT HIKES:

- **Sleep System** - Sleeping Pad, Sleeping Bag (3-season, 20-30 degree bag), Waterproof stuff sack
- **Tent** (3 or 4-season) Troop provided. 3 or 4 Person depending upon how many scouts are hiking. Divide weight.
- **Hammock System (Optional)** - Hammock, straps, bug net, rainfly. May be heavier than your part of tent weight.
- **Cooking** - Lightweight Trail Stove (Jet Boil, Primus, MSR), Stove Fuel, 1 medium pot w/lid and handle, Lexan spoon

OPTIONAL (Remember, you pack it, you carry it):

- Hiking Staff/ Trekking Poles**
- Bandanna** (cotton ok)
- Sit pad or light stool**
- Hiking lantern with battery**
- Gore-Tex socks** (in damp areas, keeps feet warm & dry)
- Pack Towel**
- Duct Tape**
- Monocular or Binoculars**
- Glasses** – Sun/Reading/Prescription
- Watch**
- Altimeter / Barometer** (especially of going off trail)
- Handheld GPS**
- Hiking Axe** - 1 per crew
- Small Saw** – 1 per crew

PACKING YOUR BACKPACK:

- **How you load your backpack greatly affects your comfort**
- **Keep essentials where they can be reached quickly**
- **Lightest items should be at the bottom**
 - Sleeping bag in waterproof compression bag
 - Pad in waterproof compression bag
 - Rain, wind gear
 - Bulky clothing, insulation layers (fleece)
- **Medium weight items should be in the middle**
 - Food and Cooking Items/Utensils
 - Some clothing in waterproof stuff sack
 - Tent body and fly
- **Heaviest items on top and towards the outside edges**
 - Water
 - Stove
 - Fuel
 - Tent Poles

Adjustment Tips:

If you feel your pack is leaning away too much from your shoulders, you probably have a weight distribution problem.

- **Balance** – Crucial for off-trail travel, climbing, or skiing. Pack heavy items centered close to your back.
- **Sleeping Bag** – in waterproof compression sack should ***ALWAYS*** go on the bottom of the pack.
- **Shifting Gear** – pack lighter gear like clothing around heavy items (stove or climbing gear) in order to keep them from moving around in your pack.
- **Fast or Frequent Access Items** – Gear you may need fast access to (first aid, rain jacket/pants, backpack rain cover) or frequent access to (water, snacks, bug spray and other essentials) should be located in the top pocket or in the top of the main compartment, or quick access side pockets.
- **Odd Size Gear** – Large or other odd sized gear (Foam Pads, Tent or Dining Fly Poles) can be carried on the outside of the pack. Use appropriate accessory patches or connectors, ice axe loops or ski slots for these items.

