

FIRST YEAR BACKPACK CHECK LIST

GENERAL GEAR

- PACK & RAIN COVER (55 gallon garbage bag will work)
- MAP & WATERPROOF CASE
- COMPASS
- TENT (*Group*)
- SLEEPING BAG
- AIR MATTRESS or INSULITE PAD
- HAT
- SUN GLASSES
- COAT (POLYPRO.)
- UNDERWEAR (1 CHANGE)
- SOCKS (2 PAIR – 1 light & 1 heavy) + THE ONE YOU WEAR (*NOT COTTON*)
- 1 HEAVY SHIRT (you wear either the heavy or the light one)
- 1 LIGHT SHIRT
- SHORTS (doubles as swimming trunks)
- LONG PANTS (you wear)
- LONG UNDERWEAR (a cold layer or to sleep in – light or Medium is good, keeps bag clean and when you sweat you won't stick to you bag so you can turn easily)
- HIKING BOOTS
- 1 PAIR OF LIGHT TENNIS or WATER SHOES (camp shoes)
- GLOVES – LIGHT (polypro-optional)
- PILLOW CASE (optional – stuff jacket in it)
- RAIN JACKET
- FLASH LIGHT (extra batteries and bulb)
- CUP – PLASTIC (2 cup measuring cup doubles as a bowl) or A MESS KIT
- PAPER PLATES (2 per meal) & PLASTIC PLATE HOLDER or A MESS KIT
- POCKETKNIFE (After earning Totin' Chip)
- Knife Fork and Spoon (lexan)
- WATER BOTTLE (plastic – 1 quart)
- MATCHES (2-3 books + 1 box of water proof matches in zip lock baggie)

PERSONAL GEAR

- BSA HANDBOOK
- TOILET PAPER (in a plastic baggie-small roll)
- TROWEL (plastic) – *GROUP ITEM*
- SOAP (liquid bio-degradable)
- TOWEL (medium hand size type)
- WASH CLOTH
- TOOTH PASTE & BRUSH
- INSECT REPELLANT
- SUN TAN LOTION (16 or Bull Frog)
- CHAP STICK
- BUNGEE CORDS (4-6 tiny ones handy)
- CAMERA
- PEN OR PENCIL and PAPER
- PERSONAL FIRST-AID KIT
- WHISTLE
- MIRROR (light plastic one)

FOOD

- TRAIL FOOD
 - Jerky
 - Granola
 - Granola bars
 - Hard Candy (good for hiking)
 - Tootsie Rolls (minis are good for hiking)

OPTION EQUIPMENT

- HIKING POLE