

Backpacker's Checklist -- 3 Day Trek

	Gear Item	Details	Individual	Comment
Trail	Backpack	Adjusted while full and with required attachment straps	x	
	Rain Gear	Rain Jacket (or Poncho); Rain pants optional in warm season	x	
		All must be sturdy. Pack Cover &/or Garbage Bag	x	
	Personal First Aid Kit	Band-aids, blister preps, personal medication (Medical Form)	x	
	Large First Aid Kit	Troop 1st Aid with comprehensive emergency supplies		Group
	Ditty Bag & Towel	Tooth Brush (& Paste), Soap, Washcloth, Medium Pack Towel	x	
	Trail pack	Compass, Whistle, Lightweight pocket knife, matches	x	
		Personal Toilet Paper w/ disinfectant	x	
	Seasonal	Insect Repellent; Sun Screen (seasonal)	x	Shared?
	Trail Information	Maps & Trail Guide		Group
	Water	At least 2 quarts with 1 accessible on trail (Hydration Bladder Optional)	x	
	Camp Shoes	Lightweight sandals or water shoes (seasonal)	Opt.	
	Trekking Poles	Lightweight and collapsible; helpful on downhills especially	Opt.	
Light	Flashlight/Head lamp	Lightweight w/ fresh batteries (No big Lantern)	x	
Food	Group Meals	2 Dinners & 2 Lunches (3 day trek)		Group
	Personal Meals	2 Breakfasts, 2 days of snacks (1 qt bag) plus 1st lunch & snacks	x	
Clothing	Boots / Trail Sneakers	Lightweight, comfortable (broken-in), good traction & support	x	Worn
	Sock set	Liners & wool or Cool Max - NO COTTON!	x	Worn
	Socks "sets"	Carry at least 3 sets not counting what you are wearing on 1st Day	x	
	Pants/shorts (Seasonal)	Light weight fast drying pants or shorts	x	Worn
	Shirts (Seasonal)	T-shirt, Long Sleeve shirt	x	Worn
	Sweater/Jacket (Seasonal)	Fleece recommended (w/hood) Rain Jacket could be windbreaker	x	
	Glasses	Regular; Sun glasses; reading glasses; case(s)	?	
Kitchen	Bowl/Table Spoon/Mug	Bowl & mug (with handles are better) (Fork/knife/plate? Check menu)	x	
	Stoves & fuel	Backpack stove (2 if more than 7 trekkers) w/ needed fuel		Group
	KP Bags	Biodegradable Soap, sponge, cloth		Group
	Water Treatment	Pump, gravity, Tablets or UV also Group Collapsible Water Carriers		Group
	Bear Canisters	Enough to hold all 'Smellables' from 1st night on		Group
	Cooking gear	4 qt.pot (2 if more than 7 trekkers) & 2 spoon(s) or ladle(s)		Group
Shelter	Tent Part	Split up Lightweight tents (use full capacity to keep weight down)		Shared
	Sleeping Bag (Seasonal)	Lightweight compact bag in waterproof sack	x	
	Sleep Outfit	Special sleep clothes could be packed with sleeping bag	x	
	Sleeping Pad	Close cell, inflatable or self inflating (no pillow, maybe a pillow case)	x	
	Overhead	1 or 2 9x9 tarp tent w/ stakes & cords		Troop