

# BSA Trek Aid #2 Personal Backpacking Checklist

Plan  
Pack

## Backpacking & Camping

- Backpack
- Straps (to attach bag, tent, etc.)
- Sleeping Bag w/stuff sack
- Sleeping Pad
- Tent
- Toilet Paper
- Map & Compass
- Bear Rope (50 ft.+)
- Carabiner & Pilot rope (50 ft. +)
- Iodine (or other water purification)
- Flashlight w/extra bulb & battery
- Waterproof matches & lighter
- Pocket Knife
- Trowel
- Water bottles (2 minimum)
- Pack Cover

## Cooking & Eating

- Cooking Gear
- Stove & Fuel
- Stove Base/Windscreen/Heat Spreader
- Stove Repair Kit
- Bowl/Cup/Spoon
- Spatula & Large Spoon
- Oil & Juice Bottles
- Water Bag
- Food

## Boots & Clothing

- Hiking Boots
- Hiking Socks w/extras
- Hiking Shirt
- Hiking Pants
- Warm Jacket
- Warm Cap
- Warm Mittens/Gloves
- Long Underwear
- Wind Breaker
- Rain Gear
- Extra Underwear
- Warm Sweater or Extra Shirt
- Ballcap/Sun Hat
- Bandanna/Handkerchief (or both)
- Belt
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## Safety & Comfort

- Whistle
- Individual First Aid Kit
- Sun glasses w/strap
- Money & Telephone Coins
- Watch
- Mirror
- Pencil & Paper
- Toothbrush & Paste
- Small Washcloth
- Plastic Bags (assorted sizes)
- Scout Permission Slips
- BSA Tour Permit
- Park/Forest Service Permit or Reservation
- Reading Material
- Nylon Cord (8 feet or more)

## Optional Gear

- Ground Cloth for Tent
- Camera/Film/Lenses
- Radio
- Camp Shoes/Sandals
- Camp Games
- Vitamins
- Small Repair Kit
- Space blanket
- Knife Sharpener
- Swimsuit
- Binoculars
- Spices
- Extra Water For The Trail
- P-Bottle
- External Thermometer
- Extra Clothing
- Fishing Gear
- Shaving Gear

## Additional Gear for Snow Camping

- Snow Shovel
- Overmittens
- Extra Fuel
- Insulated Pads
- Extra Large Pot (to melt snow)
- Vapor Barrier Liner
- Ice Axe
- Snow Stakes for Tent
- Ski Pole w/ repair kit
- Glacier Glasses
- Gaiters
- Pile Overpants
- Cross-Country Skis or Snowshoes
- Extra Closed-cell Sleeping Pad