




PERSONAL OVERNIGHT BACKCOUNTRY CHECKLIST	
	Scout Outdoor 10 Essentials
	Pocketknife
	1 st aid kit
	Extra clothing
	Rain gear (Lightweight – Frogg Togs work well)
	Water bottle
	Flashlight
	Trail Food
	Matches & fire starters
	Sun and Insect Protection
	Map and Compass

	Standard 3 Day 2 Night Checklist for Hiking, Camping & Backpacking (No Cotton Clothing) <u>This list includes the clothes being worn.</u>
	2 -Short-sleeved shirt (Champion @ Target or Academy makes a good performance
	2 - Hiking shorts (Loose fitting Under Armor shorts work well.
	Long pants or light weight base layer performance long johns. (Patagonia Capilene, Under Armor or Champion long underwear work well)
	Sweater or warm Jacket* (Light fleece works well or Patagonia Capilene long underwear)
	Hiking boots or sturdy shoes (Can be trail runners or running shoes with good treads, do not have to be boots)
	2 –Socks (Smartwool, Thorlo, Fox River are good brands)
	Hat with a brim for shade
	Bandanna
	Watch
	2 - Underwear (Champion Performance underwear @ Academy or target work well.)
	Sleeping Bag & Pad
	Spoon & Bowl
	1 ½ liter personal camelback or water bottle.
	Hot drink water bottle or cup if needed.
	Toilet paper, trowel, 1 gallon Ziploc baggie in stuff sack
	Lightweight pack towel – Washcloth will work fine
	Extra Batteries for Flashlight
	For Cold-Weather Clothing – Take these items in addition to the Standard List
	Warm Fleece* jacket that packs well
	Warm Fleece* long underwear
	Warm hat*
	Wool socks
	Mittens* or Gloves*
	<i>(Items marked with an asterisk (*) should be made of wool or a warm synthetic fabric)</i>

All gear should be stored in lightweight stuff sacks. It is a good idea to line your clothing and sleeping bag stuff sack with a garbage bag, incase of heavy rain.

- Clothing stuff sack
- Toiletry stuff sack
- Food stuff sack
- Sleeping bag stuff sack
- Toilet paper/trowel stuff sack

Notes:

[illegible]