	PERSONAL OVERNIGHT BACKCOUNTRY CHECKLIST
✔	**Scout Outdoor 10 Essentials**
	Pocketknife
	1st 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*
	(*Items marked with an asterisk (*) should be made of wool or a warm synthetic fabric)*

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:

✓	**PATROL OR GROUP OVERNIGHT BACKCOUNTRY CHECKLIST**
	Tarp, stakes ground cloths & lines
	Nylon cord, 50 ft
	Backpacking stoves & fuel (with repair kit)
	64 oz pot w/lid (2 quart)
	Matches and/or butane lighters in waterproof containers
	Biodegradable soap
	Water filter and 32 oz water bottle
	Food for group
	Snacks for group
	2 – 2 ½ liter water container (Platypus)
	Duct tape – small amount wrapped around a small wooden dowel or your hiking pole.
	1st aid kit for Group
	Pack It In, Pack It Out – *Whatever you take to camp must be carried back home. Don't leave anything behind – no litter, cans, clotheslines, or tent stakes, nothing buried, and nothing thrown into the woods, lakes, or streams.*