



**BSA TROOP 214
RUSSELLVILLE, AR**

BACKPACKING SHAKE-DOWN LIST

MUST HAVE

Rain gear – poncho or Raincoat and Pants

Jacket / Wind Breaker or Raincoat

1 Extra Pair Undies

1 Extra Pair Socks

1 Pair Pants (Nylon Shell Windpants or other quick-dry material)

1 Extra Shirt (additional layer – if desired)

It will be cold so Long Underwear – tops and bottoms, preferably not cotton

Blaze Orange Hat (during Hunting Season)

Blaze Orange Vest (during Hunting Season)

Fleece Sweater or Sweatshirt

Cup

Spoon

Rope (cord – light, about 50')

Toilet Paper (1/2 roll at the most)

Toothbrush/Toothpaste

First Aid Kit (moleskin)

Matches

Pocket Knife

Flashlight (very small!)

Water (2 Quarts)

Compass

Pack Cover (large garbage bag will work)

Sleeping Bag

Sleeping Pad

Chapstick

Ziplock Bag for Trash

OPTIONAL

Book

Camera

Walking Stick

Bandanas

TROOP WILL PROVIDE

Water Filter(s)

Pot to Boil Water

Backpacking Stove(s) & Necessary Fuel

BRING YOUR OWN FOOD!

Each Scout will also carry 1/2 of a tent (either the stake portion or tent portion). Your tent buddy will carry the other half. Your loaded backpack weight, including water, should not exceed 25 to 30% of your body weight.