

Traganza's Turbo Backpacker's Checklist

Please give feedback at BTraganza@aol.com

Packing and Sleeping

- Backpack with hip belt (properly adjusted)
- Sleeping Bag in stuff bag
- Sleeping Pad (Ensolite, Z-rest, Therma-rest)

Eating Gear

- Trail Lunch
- Trail High Carbohydrate Snacks (trail mix, etc.)
- Plastic Spoon (knife and fork are optional)
- Plastic Cup
- Plastic Bowl

Clothing (avoid cotton, dries very slowly)

- Hiking Boots (over ankle and broken in)
- Hiking Socks (1 pair per day or wash)
- Long-sleeve Shirt (1 per 2-nights camping)
- Warm shirt
- Short-sleeve Shirt (1 per 2-nights camping)
- Long Pants (1 per 2-nights camping)
- Shorts (or convertible long pant, i.e. zip off legs)
- Hat with brim (for sun protection)
- Underwear (1 pair per night camping)
- Jacket (fleece or lined windbreaker)
- Long underwear

Personal

- Toothbrush
- Toothpaste
- Comb or Brush
- Small Towel / Washcloth
- Needle, thread, rubber bands, & safety pins
- Toilet Paper
- Trowel or "little shovel"
- Campsuds

First Aid Kit (Keep with "21 Essentials")

- Moleskin
- Band-Aids
- Aspirin / Tylenol / Advil (for pain/swelling)
- Antiseptic
- Sunscreen
- Insect Repellent (if needed)
- Chapstick
- Prescription Medicines
- Vitamins
- Tweezers
- Adhesive tape

21 Essentials (Keep /w you always! Especially when not wearing backpack. Put in sep. sm. pack.)

- Water (2 liters youth/3 liters adults - full!)
- Water purification tablets
- Small Flashlight (hand held or head lamp)
- Extra batteries (for flashlight)
- Map (get from trip leader)
- Compass
- Whistle (if lost, can blow longer than yell)
- Matches (waterproof)
- Pocket Knife (multi-use type)
- Nylon Line (50 feet)
- Space Blanket
- Rain Gear (or 2 large, heavy-duty trash bag)
- First Aid Kit (See itemized list)
- Metal mirror
- Sunglasses
- Stocking/Wool hat (most heat lost at head)
- Neckwarmer or scarf (heat lost at neck too)
- Hard Candy
- Extra Food (e.g., Ramen)
- Lightweight small day pack or fanny pack
- Lightweight gloves or mittens

Community Gear (shared items)

- 2-man Tent with stakes
- Ground Cloth
- Cook Group Food
- Pot and/or Pan
- Stir Spoon and/or spatula
- Stove
- Fuel
- Water Filter (or iodine tablets or boil water)
- Scour pad
- Drying cloth (6 paper towels or camp cloth)

Optional Items

- Paperback book
- Camera and film
- Pencil or pen and 4 sheets of paper
- Scout Handbook
- Bandana
- Hiking poles
- Light weight camp shoes
- Hiking liner socks (helps hot spots)
- Cooking oil

Notes:

1. Go lightweight. Pack weight should not be more than 1/3 of your body weight.
2. And remember to pack out your trash.