

# Backpacking Gear Shakedown

Scout \_\_\_\_\_

Scout Body Weight	
Scout Weight w/ Backpack	
Backpack Weight (Scout Body Weight - Scout Weight w/ Backpack)	
Extra Weight from Below	
Total Weight (Backpack Weight + Extra Weight from Below)	
Target Weight (Scout Body Weight * 0.25)	

Checklist	Check if included	Addtl not included	Clothing (synthetic or wool if possible)	
Backpack w/ rain cover			Wool Socks	
Sleeping Bag (water proof stuff sack or trash bag)			Underwear	
			Long Pants	
Sleeping Pad			Base Layer (Long Sleeve Shirt / Short Sleeve Shirt)	
Clothing (reference adjacent table)				
2 Liter water		4.4 lbs + Container	Middle Layer (Opt heavier shirt or wool sweater)	
Food Estimate		4 lbs	Top Layer (Fleece or Synthetic)	
Tent / ground cloth		3 - 4 lbs	Rain Jacket	
Personal Mess Kit (bowl, spork)			Rain Pants	
Map & Compass			Rain Gear	
Pocket Knife			Boots	
Fire Starter (matches/Lighter)			Shoes for camp or water crossing	
Flash Light			Stocking Hat / Hat / Gloves	
Toilet Paper & zip lock bags for waste				
Tooth Brush/Tooth Paste			Patrol Gear	
Ziplock or ditty bag for food & smellables will be put in bear bag			Stove	2 lbs
			Fuel	2.5 lbs
Whistle			Pots (1) 8qt, (1) 4qt, Spoon	
Personal First aid Kit			Cleaning supplies	
Insect Repellent / Sun Screen			Bear Bag & Rope /Trash bags	
			Water Purifier	

**NOTES:**

1. Clothing should be appropriate for time of year. Weekend trips will require only one set of clothes in your pack.
2. Other gear may be desired and can be carried if you have not reached your 25%.