

Scout's Checklist (Page 1)

Clothes

	Sleep clothes--worn only in sleeping bag (T-shirt and gym shorts)
Clothing - Layer A (Hiking Clothes)	
	Hiking boots--well broken in
	Lightweight sneakers or tennis shoes
	2 pairs heavy socks *
	3 pairs lighter inner socks (polypro) *
	3 changes underwear
	2 hiking shorts *
	2 short sleeve shirts (not nylon) *
	1 hat or cap--flexible, with brim *
Clothing - Layer B (Cool Evening)	
	1 long sleeve shirt (wool or flannel)
	1 long pants, cotton or nylon (not heavy) *
	1 pair insulated underwear (polypro) *
Clothing - Layer C (Cold)	
	1 sweater or jacket (wool or polar fleece) *
	1 stocking cap (wool or polypro). *
	1 glove liners or mittens (wool or polypro)*
Clothing - Layer D (Cold, Wet, Windy)	
	1 sturdy rain suit (A) *

Pack & Sleeping Bag

	Pack with padded hip belt (rental available)
	- capacity: external frame--4000 cu in +/-
	- internal frame--4800 cu in +/-
	pack cover--waterproof nylon *
	6-12 gallon Zip lock plastic bags to pack *
	Sleeping bag in stuff sack lined with plastic bag
	Straps to hold sleeping bag on pack *
	Foam sleeping pad (closed cell or Therma-Rest) *

Scout's Checklist (Page 2)

Personal and Miscellaneous

	2 or 3 one qt. water bottles (BB, A) *
	Small pocketknife (A) *
	Matches and lighter in waterproof container (BB, A) *
	flashlight (small with extra batteries and bulb) *
	Double H maps (A) *
	Compass--liquid-filled (A) *
	2 bandannas or handkerchiefs (BB) *
	Money (\$10-\$20 in small bills)
	Small towel. *
	Lip balm (BB, A) (with SPF of 25) *
	Sunscreen at least 25 SPF (BB, S) *
	Soap, biodegradable (BB, S) *
	Toothbrush/toothpaste (BB) *
	Small towel *
	Sunglasses (inexpensive) *
	Ditty bag (for personal items in bear bag) *
	Insect repellent (S) *
Eating	
	Deep bowl (small, plastic)
	Cup (measuring style) *
	Spoon *

Optional

	Camera and film (BB) *
	Whistle *
	Watch, inexpensive
	Postcards, pre-stamped *
	Rubber bands (large for packing)
	Foot powder (BB, S) *
	Note pad and pen *
	Daypack for side hikes (S) *

Legend

* - These items can be purchased at the Double H Trading Post.

BB - Packed in plastic bag to be placed in bear bag at night

S - Share with buddy

A - Easily accessible in pack or carried on person