

Troop 621 - Ocean City, MD

NAME: _____

Spring -- Two-Night Back-Country Backpacking Checklist

MRO Legend

M	Mandatory
R	Recommended
O	Optional

Trip Name: _____

Number of Days: 3 Don't over pack. Keep your pack light. Only take what you need.

Number of Nights: 2

Date: _____

Location: _____

ITEM#	CHECK	MRO	QTY	DESCRIPTION	NOTES	
GENERAL EQUIPMENT	<input type="checkbox"/>	M**	1	HIKING BOOTS – ANKLE HIGH & WATERPROOF. (Low Ankle Shoes/Boots or Rain Boots are <u>NOT</u> acceptable).		
	<input type="checkbox"/>	M**	1	Backpack. 50-65 liter capacity		
	<input type="checkbox"/>	M**	1	Sleeping bag, mummy style in stuff sack. Rated to 20 degrees or colder		
	<input type="checkbox"/>	M**	1	Ground pad – This is important for insulating you from the ground		
	<input type="checkbox"/>	M**	1	Water bottle#1 – 1 liter Nalgene (for drinking on trail)		
	<input type="checkbox"/>	M ^o	1	Tent (share with partner), Hammock and Tarp optional.		
	<input type="checkbox"/>	R	1	Waterproof pack cover or large garbage bag (Included with T621 Teton backpacks)		
	<input type="checkbox"/>	R	1	Trekking poles (recommended for Adults)		
	<input type="checkbox"/>	R	1	Day Pack (head bag on backpack can be used)		
CLOTHING	<input type="checkbox"/>	M**	3	Hiking socks (wear one pair, pack one pair per day, plus 1 extra)		
	<input type="checkbox"/>	M**	1	Rain gear – Jacket and Pants or parka (waterproof shell)		
	<input type="checkbox"/>	M**	3	Undergarments (wick-away synthetic, NOT cotton)(wear 1, pack 1 per day, plus 1 extra)		
	wear one,	<input type="checkbox"/>	M**	1	Long pants or zip off pants (nylon, NOT cotton – NO jeans)	
	<input type="checkbox"/>	M**	2	Synthetic T-shirt (base layer) (wear 1, pack 1)		
	pack one	<input type="checkbox"/>	M**	1	Long sleeve synthetic shirt (mid layer)	
	in a	<input type="checkbox"/>	M**	1	Long sleeve fleece jacket or pullover (insulating layer)	
	waterproof	<input type="checkbox"/>	R	1	Hiking Shorts with pockets (synthetic)	
	sack	<input type="checkbox"/>	R	1	Slip-on <i>lightweight</i> camp shoes (must be closed-toed: crocs, vans, etc.)	
	<input type="checkbox"/>	R	1	Wool or acrylic (synthetic) gloves		
	<input type="checkbox"/>	O			Lightweight, wicking sock liners (wear one pair, pack one pair)	
<input type="checkbox"/>	O			Swimsuit and camp towel		
FIRST AID KIT	<input type="checkbox"/>	M**		Assorted band aids, tape, and gauze		
	<input type="checkbox"/>	M**		Sunscreen – SPF 30 minimum		
	<input type="checkbox"/>	M**		Alcohol wipes, gauze, neosporine, medical tape.		
	In Small	<input type="checkbox"/>	M**	Antibiotic cream		
	1-quart	<input type="checkbox"/>	M**	Moleskin (for blisters)		
	Heavy Duty	<input type="checkbox"/>	M**	Water purification tablets		
	Ziploc	<input type="checkbox"/>	M	Immodium, pepto bismol (tums), benadryl, ibuprofen tablets in labeled packets		
<input type="checkbox"/>	M		Prescription medications in original containers – coordinate with Scoutmaster ---> LIST:			
COOKING	<input type="checkbox"/>	M ^o	1	Water filter system		
	<input type="checkbox"/>	M**	1	Fire Start Kit (ex. Flint, steel, cotton, vaseline, candle, matches, etc.) in ziploc bag		
	<input type="checkbox"/>	M ^o	1	Cook Pot for boiling water. (one per team)		
	<input type="checkbox"/>	M ^o	1	Cook Stove (one per team)		
	<input type="checkbox"/>	M ^o	1	Butane Cooking Fuel Container (full, one per team)		
	<input type="checkbox"/>	M	1	Personal mess kit with cup, bowl, and spork (or fork and spoon, plate)		
	<input type="checkbox"/>	M	1	Water bottle#2 - 1 liter (in pack for cooking & refill)		
	<input type="checkbox"/>	M	1	Hand towel and 2 oz of biodegradable soap (use for hot pots and to clean pots, etc.)		
	<input type="checkbox"/>	R	1	Cook Spoon, spatula, misc. cook tools.		
	<input type="checkbox"/>	R		1 gallon ziploc bags or small garbage bag, and/or Walmart bags for trash, Miscellaneous		
FOOD	<input type="checkbox"/>	M**		Breakfast(s):	<i>Planned meals and snacks – coordinate with partner. (in Bear Bag)</i>	
	<input type="checkbox"/>	M**		Lunch(s):		
	<input type="checkbox"/>	M**		Dinner(s):		
	<input type="checkbox"/>	M**		Snack(s):		
TOOLS & MISC. ITEMS	<input type="checkbox"/>	M**		Headlamp AND small flashlight with new batteries installed.		
	<input type="checkbox"/>	M**		Swiss Army knife or small multi-tool (no sheath knives or blades over 3 inches permitted)		
	<input type="checkbox"/>	M**		Whistle – plastic with loud sound. Attached to pack.		
	<input type="checkbox"/>	M**		Compass and Map.		
	<input type="checkbox"/>	M ^o		Toilet paper with trowel (also paper towels, baby wipes if needed) in ziploc bag		
	<input type="checkbox"/>	M ^o		50 feet of light nylon cord and a caribiner for bear bag/clothesline		
	<input type="checkbox"/>	M ^o		BEAR BAG -- Medium Duty Waterproof Gear Bag for Food.		
	<input type="checkbox"/>	M		Toothbrush, toothpaste, deodorant, and chapstick. TRAVEL SIZE (in Bear Bag)		
	<input type="checkbox"/>	R		Full set of extra batteries for BOTH the headlamp and flashlight		
	<input type="checkbox"/>	R		Baby wipes in small ziploc bag (4-6) (in Bear Bag)		
	<input type="checkbox"/>	R		Duct tape (several feet wrap around trekking pole or pencil as a storage option)		
	<input type="checkbox"/>	R		Bandana (all-purpose cool rag, hot pad, sling, kleenex, dish rag, etc)		
	<input type="checkbox"/>	R		Hat, sunglasses,		
	<input type="checkbox"/>	R		Lightweight folding camp chair (recommended for Adults)		
<input type="checkbox"/>	R		Air Pillow or pillow stuff sack			

** Anyone who does not have these items will not be allowed to backpack, period. You will be sent home.

^o Anyone who does not have these items IN THEIR TEAM will not be allowed to backpack. You will be sent home.