

Weekend Hike Personal Equipment Checklist

Troop 849 - Manhattan Beach, CA

To Be Worn Leaving Trailhead

- ☐ Shirt
- ☐ Long trousers
- ☐ 2 pair socks (1 thin inner & 1 thick outer)
- ☐ Hiking boots (lug sole preferred)
- ☐ Wide brim hat or cap with brim

Back Pack Equipment

- ☐ Backpack
- ☐ Sleeping bag in stuff sack (rated to +20°F)
- ☐ Closed cell foam pad
- ☐ 50 ft. of 1/8" nylon cord
- ☐ Small day pack (for peak climbs)
- ☐ Large plastic trash bag (for pack cover)
- ☐ 1/2 share: tent, rain fly, poles & stakes (will be supplied)
- ☐ Bear canister (will be supplied if needed)

Eating Gear (marked with name or initials)

- ☐ Spoon or fork
- ☐ Plastic bowl
- ☐ Plastic cup

Toilet Kit

- ☐ Soap & lightweight towel
- ☐ Toothbrush & paste
- ☐ 2 Kleenex packets for toilet tissue
- ☐ Plastic wash basin (bottom of gallon water, milk, or bleach bottle)
- ☐ Sunscreen
- ☐ Chap Stick or Blistex
- ☐ Insect repellent (in summer)

Miscellaneous

- ☐ Large zip lock bag for trash
- ☐ Pad of paper or small spiral notebook
- ☐ Pencil

Ten Essentials

- 1 ☐ Compass
- 2 ☐ Map of area (will be supplied)
- 3 ☐ Headlamp and
☐ spare battery
- 4 ☐ Sun glasses (required over 9000')
- 5 ☐ Matches in waterproof case and
3" long candle
- 6 ☐ Personal first aid kit
- 7 ☐ Pocket knife
- 8 ☐ Trail snacks
- 9 ☐ Wide mouth plastic quart bottle
- 10 ☐ Jacket (see below)

Additional Clothing in Pack

- ☐ Nylon windbreaker
- ☐ Warm jacket, or sweater and jacket
- ☐ Poncho with rain pants or full rain suit
- ☐ Long sleeved shirt
- ☐ Long or short trousers
- ☐ Under shorts, 1 pair
- ☐ 2 pair socks (1 thin inner & 1 thick outer)
- ☐ Watch cap or ski cap
- ☐ Mosquito head net (in summer)

Optional

- ☐ Tennis shoes or "Aqua Socks"
- ☐ Additional pairs of socks
- ☐ Gloves or mittens
- ☐ Winter underwear
- ☐ Camera
- ☐ Handbook (leave in car)

For a description of each item on this list see: http://www.troop849.org/backWeekendGuide.html

NO CARDS, MAGAZINES, BOOKS, RADIOS, or ELECTRONIC DEVICES

Rev 3/24