

# Charit Creek Backpacking Checklist (Big South Fork)

## 10 Essentials

- Pocketknife or Multi-tool
- Personal First Aid Kit: bandaids, alcohol towelette, moleskin, antibacterial ointment, a 2x2" square of duct tape, personal hygiene, small amount of toilet paper
- Clothing: an extra set of clothes (socks and underwear in a ziplock bag)
- Waterproof jacket with a hood or a rain poncho
- Water: water bottle (filled), there is potable water at the lodge
- Flashlight or headlamp
- Food: snacks, sack lunch for Saturday and another one for Sunday – dinner on Saturday (cook hot dogs over a fire) and breakfast on Sunday (pancakes, bacon, sausage) will be provided.
- Matches (keep dry)
- Map and compass (maps will be provided, scouts working the in 5 mile map and compass hike should try to bring a map compass)
- Sunscreen and insect repellent

## Other Items

- Mess Kit: cup, plate, and utensils (ziplock bag for dirty dishes)
- Sleeping bag (cabins have bunk beds with mattress/pillow covered with a sheet)
- Good hiking boots
- Optional: sunglasses (with strap), wide brimmed hat

NOTE: You do not necessarily need a "back country" backpack for this trip. A small pack (like a kids school backpack) or a sports bag will work just fine, especially if you can attach the sleeping bag to the outside.

FYI: The food will be divided up between the scouts at the Charit Creek trailhead to pack it in to the lodge. The lodge will provide stoves and a limited selection of cookware.