

# Roane Highlands

## Backpacking Checklist

### 10 Essentials

- Pocketknife or Multitool
- Personal First Aid Kit: band aids, alcohol towelette, moleskin, antibacterial ointment, a 2x2" square of duct tape, personal hygiene, small amount of toilet paper
- Clothing: an extra set of clothes (put dry socks and underwear in a Ziploc bag, avoid cotton)
- Waterproof jacket with a hood or a rain poncho
- Water: three water bottles or one bottle plus a camelback (filled, at least 3 liters total)
- Flashlight or headlamp
- Food: snacks, lunch Saturday, dinner Saturday (hot), breakfast Sunday (hot) and lunch Sunday (pack the lunches separately, put your name on them). Sandwiches and fruit will work well for the two lunches, a dehydrated meal where you add hot water is a good choice for dinner on Saturday, and hot cereal like oatmeal will work well for breakfast on Sunday.
- Matches (keep dry)
- Map and compass (maps will be provided, can use a troop compass)
- Sunscreen and insect repellent (20%-30% DEET to repel ticks)

### Other Items

- Backpacking backpack (the troop has a few you can borrow)
- Mess Kit: cooking pot and utensil (metal spoon is best), cup and plate are optional
- Backcountry stove (can use troop stove)
- Sleeping bag and ground pad
- Tent (share with a buddy to lighten load) (can borrow tent)
- Good hiking boots (must fit well)
- Optional: sunglasses (with strap), wide brimmed hat, camera