

Castle Rock Beginner Backpacking Checklist

Pack in a backpack (you can rent a backpack from REI or Mel Cotton's):

- Lightweight mummy sleeping bag (you can rent this too—if you buy one, it should be rated to about 20°F)
- Lightweight, compact sleeping pad
- Tent and ground cloth per two Scouts (check out from Quartermaster shack)
- 1 extra pair of thick, non-cotton socks
- 1 long-sleeved shirt (synthetic material)
- Warm coat (fleece is best)
- Waterproof rain jacket and pants; breathable is preferred (for warmth, even if it doesn't rain)
- Flashlight (small LED headlamp is best)
- Personal first aid kit (mainly blister remedies and Band-Aids)
- Toothbrush and small toothpaste
- Scout handbook for skill signoffs
- Compass
- Small pocket knife
- Waterproof matches
- Simple mess kit: 12-ounce bowl, spoon (Optional: cup, fork, knife)
- 2 quarts of water
- Bag lunch (unless your patrol is cooking lunch) plus 1-3 small trail snacks

- Whatever you were assigned to bring for patrol duties (cook kit, chef kit, stove, fuel, food)
- Waterproof pack cover (could be as simple as a trash bag—for rain or dew)

Optional items if you tend to be cold:

- Warm hat (beanie or earband)
- Gloves (fleece or waterproof)
- Long underwear bottoms or fleece pants

To wear the morning of the trip:

- Poly-pro undershirt or Class B (Troop 476) T-shirt
- Class A Scout uniform shirt over your Class B T-shirt (when we park at the trailhead, take off your Class A shirt and you're ready to hike)
- Signed troop permission slip (see website) in your left shirt pocket
- Long pants (**not** jeans—synthetic material is preferred, and “zip-off” pants that allow you to convert between long pants and shorts are best)
- Two pairs of non-cotton socks: Thin liner socks and thicker outer socks
- Hiking boots (must be broken-in and waterproof; breathable is preferred)
- Maybe your coat for the car ride up (pack it away before hiking)