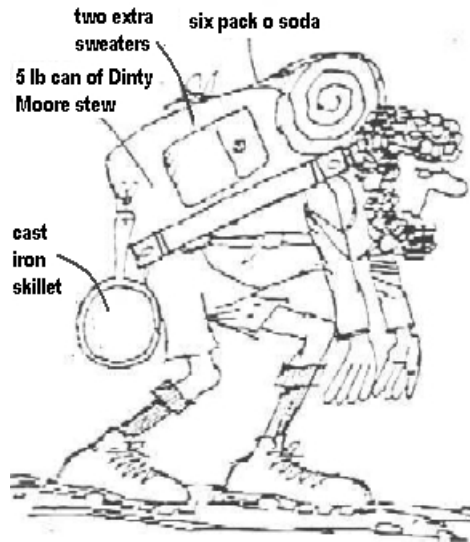


Troop 61's Backpack Fundamental's

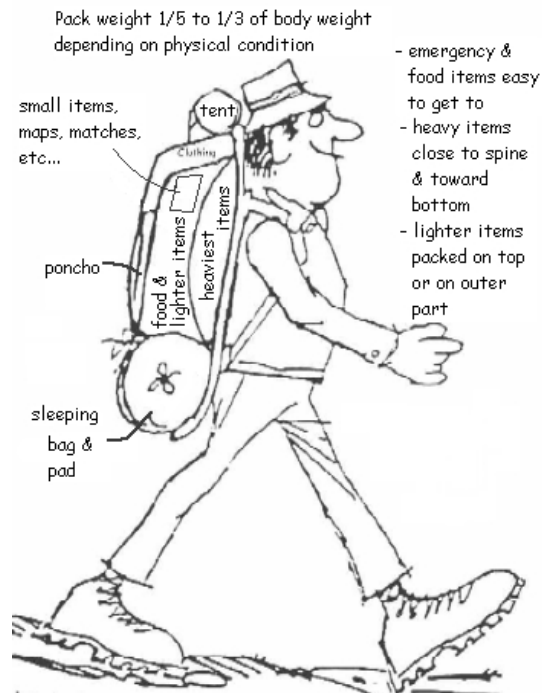
What this guy is doing wrong:

- Canned foods
 - packed unnecessary and heavy items
 - Improperly packed
 - Probably not in shape
 - can't find his water bottle or his snacks
- , because somebody else packed his backpack for him



A wise backpacker

Knows where all his stuff is because he packed his own backpack



Troop 61's Backpack Fundamental's

Packing a Backpack

There's no one right answer to this question: The answer depends on what kind of pack you have (external or internal frame) and where you're going to hike. General principle: lighter-weight items go at the bottom; heavier items at the top and close to your body. However, if you are going to be scrambling or hiking off-trail on rough terrain or snow, you might want to pack some of the heavier items a little lower to bring down your center of gravity.

1. **Sleeping bag:** Most packs are designed with a compartment at the bottom for your sleeping bag. If your pack has dividers that separate the sleeping bag from the rest of your gear, use them: It'll take some of the weight off your sleeping bag. (Overly compressing a down sleeping bag can make it lose its loft because it damages the down.)
2. **Clothes go in next.** But it's a good idea to stash a few of your warm clothes, hat, gloves, and an insulating layer and your rain gear in an outside pocket where you can easily get them.
3. **Tents and tarps.** There are a couple of choices for your tent or tarp. Most packs have a separate compartment (where the sleeping bags go) that is accessible via a zipper: If your pack has such a compartment, see if you can stuff the tent under your sleeping bag. That way, you don't have to unpack everything to get your tent out if it's raining when you want to make camp. This placement also works for packing a wet tent because it won't drip over everything (Be sure, however, that the tent and sleeping pack are in waterproof stuff sack). Tent poles go strapped to the outside: Tie them on tight!
4. **Food, fuel, and cooking utensils.** Try to store the fuel upright and away from your food, in case of an accidental spill. Many hikers put their bottles in an outside compartment. These items can have hard edges: Be sure they're not poking at your pack.
5. **Personal items.** Squeeze these in wherever they fit.
6. **Outside compartments.** Use these for items you'll need during the day: Rain gear, a few warm clothes, pack-cover, water filter, water, lunch, snacks, TP, sunscreen, mosquito goop, and your camera.
7. **Mattresses.** Most hikers roll up their sleeping pads and strap them to the outside of the packs. Some smaller mattresses fit inside a backpack, where they are better protected from accidental encounters with cactus needles and barbed wire fences.

Troop 61's Backpack Fundamental's

BACKPACKING EQUIPMENT CHECKER

Bedding	__ foam pad, self-inflating mat	__ wool cap (winter)	__ groundcloth
	__ sleeping bag	__ tent	
Footwear	__ liner socks	__ boots	__ in-camp shoes
	__ wool socks	__ extra lacing	__ water shoes
Clothing	__ shirts, sweater, sweat shirt, fleece	__ hat, earband, hood, neck gaiter, balaclava	__ jacket, coat, parka
<i>Must</i> be proper for the weather!	__ pants, shorts, sweats	__ underwear	__ gloves, glove liners, overmitts
Rain gear	__ poncho, rain suit	__ gaiters	__ hat, hood
Eating	__ cup	__ bowl	__ spoon
	__ salt, pepper, spices	__ waterless hand cleaner	__ fork, knife
	__ stove (optional)	__ matches __ firestarter	__ sponge __ dishsoap
Food	__ breakfast __ lunch, __ dinner	__ gorp, trail snacks, bars	__ bedtime snack
	__ bear bag & rope	__ water	
Sanitation	__ toilet paper, baby wipes	__ wash cloth, bandannas	__ soap (biodegradable)
	__ towel	__ comb	__ toothbrush, toothpaste
Miscellaneous	__ knife	__ first aid kit	__ 50 feet of cord (3/16")
	__ compass, GPS	__ maps	__ sewing kit
	__ canteen, hydration pack	__ water bottles	__ duct tape
	__ flashlight, headlamp	__ spare batteries	__ spare bulb
	__ watch	__ camera, film	__ DEET
	__ small notebook	__ pencil, indelible pen	__ emergency coins
	__ sunblock	__ whistle	__ pack cover
	__ <i>BSA Handbook</i>	__ <i>Merit Badge book</i>	__ cards