

SHAKEDOWN CHECKLIST (Backpack-Cold Weather)

NAME _____ Patrol _____

Overnight Gear

- Pack**
- Pack Cover** (or 2 LG Trash bags)
- Ten Essentials** (Listed below) Scout Handbook – pen/ pencil
- Wool Cap / Gloves** (a must)
- Sleeping bag** (appropriate temp. rating for season) stuffed inside / strapped- kept dry
- Air mattress or sleeping pad** (a must)
- Clothing for the season (layers)**
- Drinking Cup**(recommend sturdy plastic rather than metal)
- Bowl** (boilable plastic or metal) or margarine tub
- Spoon ONLY**-(Do not bring a Mess kit)
- Personal Hygiene Items** (Soap/Towel, Toothbrush and toothpaste)
- Hand Sanitizer** (a little half-ounce bottle of Purell)
- Kleenex Hand packs or Equivalent** (for nose wipes & toilet paper)

The “**Ten Essentials**” can be found on page # 207 of The Boy Scout Handbook and page 264 in the new edition:

- Compass / Map**
- Pocketknife** (Totin' Chip required)
- Personal First aid kit**
- Extra clothing** (appropriate for season-sweatshirt, fleece, cold weather jacket, etc.)
- Rain gear** (Poncho or rain jacket)
- Water Bottle(s) with water** (preferably **two 1qt. bottles**) or a Canteen
- Flashlight / Head Lamp** (with fresh batteries)
- Trail food** –(Snacks)
- Matches and fire starters**
- Chap stick / Lip balm**
- Hiking Boots**-(extra socks)

***Note: Hiking boots and sox must be worn on all hikes.** (preferably with liners)

Optional Items

- Camera Handy wipes or Wet Ones
- Sunglasses Bandana(s) or hand towel
- Walking Stick or Stave for balance (highly recommended- when hiking on wet leaves)