

Barefoot Mailman Hike Hike Checklist

Updated 1/13/10

backpack
groundsheet
tent
tent pegs (to prevent your tent from being blown away if it is windy)

self-inflating mattress
sleeping bag

Toiletries & first aid

toilet paper
toothbrush & toothpaste
vaseline for chafing
moleskin

Clothing

Class A shirt
Class A pants
hiking socks
hiking boots (sneakers not sufficient if it rains)
poncho / raincoat

flashlight (headband type is great)
plastic bags to cover socks in the event of rain

Food

Food – Scouts must provide all their own food for the entire hike

- Lunch on Sat – suggest PB&J sandwich
- Dinner – look at the “self-heating” meals. They are available at the Bass Pro Shop.
- Breakfast & lunch on Sun.

Water

2 liters of water