

# WINTER CAMPING LIST

Personal needs for troop camping (not backpacking)

## CLOTHING (including the clothing you are wearing) (pack in plastic freezer-type bags)

- Felt-lined boots (waterproof)
- Camp shoes/booties\*
- 1-2 changes underwear
- 2 pair long underwear (polypropaline best)
- 2 pair outer socks (wool is best)
- 2 pair liner socks
- 2 pair long pants (wool or synthetic best)
- Nylon snow/wind pants
- 2 long sleeve shirts (wool/flannel)
- Sweater
- Warm jacket
- Scarf, turtleneck shirt, or dickie
- Stocking cap and/or Balaclava (day)
- Extra stocking cap/head covering (night)
- 1 pair heavy mittens (wool is good)
- 1 pair gloves (for backup)

## OVERNIGHT GEAR

- Sleeping bag
- Extra sleeping bag, liner, or blanket\*
- Ground pad (*ESSENTIAL!!*)
- Small flashlight and extra batteries

## Special considerations:

- Cotton is bad, wool is good. Cotton retains moisture. Blue jeans and sweat pants are not advisable for winter camping, although dry sweat pants can be worn in the sleeping bag. Wicking synthetics such as Cool Max are now available for clothing next to skin. They wick moisture away from the skin and allow it to evaporate.
- Layering is important. One-piece snowmobile suits are good only when inactive and not recommended for winter campouts. Throughout the day boys will be active, and need to wear layers of clothing that can be added and removed.
- Putting clean, dry underwear on when going to bed is crucial. Boys will need to bring a spare pair of underwear and long underwear that they can change in to and wear while in their sleeping bags, as well as a pair of dry socks for sleeping. That night's underwear and socks can be worn the next day, as long as you have another dry set for the next night.
- Most heat is lost from the head. Bring a 2<sup>nd</sup> dry stocking cap for night, or a hooded sweatshirt, to keep head warm and out of the sleeping bag. For really cold weather a balaclava can cover your face while leaving mouth and nose open to breath without wetting the cloth. Do NOT breath into your sleeping bag – you will get wet and cold.
- Dehydration can help cause hypothermia. Drink 2-3 liters of water during the day. Storing your water bottle upside down in the snow (next to your tent where you can find it) will help prevent the lid from freezing on.
- Physical activity warms you up. If cold, move!
- We check on all boys all weekend.

## TOILETRIES

- Towel and washcloth
- Camp soap
- Toothbrush & Toothpaste
- Comb/brush
- Toilet paper
- Trowel (snow shelters, catholes)
- Lip balm
- Personal First Aid kit

## OTHER ESSENTIALS

- Matches/lighter
- Notepad and pen/pencil
- Watch

## MISCELLANEOUS

- Compass
- Pocket knife
- Sunglasses\*
- Waterproof pack cover or garbage bag
- 2 Plastic garbage bags
- Boy Scout Handbook

## EATING

- Sierra cup
- Measuring/drinking cup\*
- Spoon/utensils\*
- Water bottles (1-2 1-quart bottles)

\* Optional