

Winter Camping Checklist

Scout Equipment

- Boy Scout Handbook (in a plastic, ziplock bag)
- “Nalgene” Water bottle
- Flashlight with extra batteries

Bedding

- **WINTER SLEEPING BAG** (or 2 regular Sleeping Bags stuffed one inside the other; or a regular Bag AND 2-3 Blankets – over and under sleeping bag)
- **TWO (2) CLOSED-CELL FOAM SLEEPING PADS** (or about 2-3" of newspapers under your sleeping bag).
- Pillow (optional)
- Waterproof stuff bag for sleeping bag

Clothing

The key to cold weather camping is to stay warm and dry. **Layers, Layers, Layers!** Bring both light and heavy weight clothing in order to "layer" if the weather is cold. For underwear and socks, bring at least one extra change per day.

- Underwear
- Socks - a pair of light weight socks next to your feet will pull the moisture away and keep your feet warmer
- Socks - heavy (wool is best - they will be warmer, even if wet)
- T-shirts
- Long, thermal underwear - at least one pair
- **ADDITIONAL SWEAT PANTS & SWEAT SHIRT** (for sleeping only! Change ALL of your clothes, including your long underwear, inside your sleeping bag when you go to bed).
- Hooded sweat shirt and sweat pants – (make the best pajamas in cold weather)
- Long pants
- Long sleeve shirt
- Warm sweater
- Warm coat or jacket - suitable for camping environment
- Stocking cap
- Gloves or mittens
- **STURDY, INSULATED WINTER BOOTS** (Rubber is much better than leather. Leather will freeze at night)
- Extra Pair of footwear - sneakers are OK
- Rain gear

Other Items

- Back pack, duffel bag for personal gear
- Lip balm (Chapstick)
- Toothbrush
- Toothpaste
- Soap
- Deodorant
- Wash cloth
- Towel
- Comb and/or hairbrush
- Drinking cup, Plate, Utensils

Special Instructions to Mom or Dad!

In the winter this can be a serious problem because of the snow and clothes can become wet on the floor of a cabin or tent. You can assure dry clothes each day if your son packs his clothes in large ziplock bags. If your son can stay dry he will stay warm and enjoy the Winter camping a whole lot better.

- **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 2nd 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!