

COLD-WEATHER CAMPING CHECKLIST

COLD-WEATHER GEAR

- Tent
- Sleeping bag for cold temps
- Sleeping pad(s) for insulation (**ESSENTIAL!**)
- Extra blanket(s) for added warmth
- Small Pillow
- Flashlight/headlamp (plus extra batteries)
- Fire-starting gear
- Pocketknife or multitool
- Small personal first aid kit
- Plastic mess kit
- Water bottle
- Hand warmers
- The 10 Essentials
- Sunglasses/Goggles
- Toiletries
- Tip: fill a water bottle with hot water and stuff inside your sleeping bag at night for extra warmth!

COLD-WEATHER CLOTHING

- Warm fleece/wool hat (that cover ears)
- Warm long underwear (polypropaline is best!)
- Long-sleeve base layer
- Mid-layer: fleece/wool layer
- Outer layer: insulated jacket/parka
- Windproof/Rainproof shell/poncho
- Warm pants (avoid jeans)
- Nylon snow/wind pants
- Multiple pairs of wool/synthetic socks
- Multiple pairs of liner socks
- Felt-lined boots (waterproof)
- Mittens/gloves (water -resistant) plus an extra pair
- Scarf or neck gaitor
- Spare socks and underwear
- Tip: avoid cotton fabrics!

Special Considerations:

1. Cotton is bad, wool is good. Cotton retains moisture. Blue jeans and sweat pant are not advisable for winter camping, although sweatpants can be work in the sleeping bag. Wicking synthetics are advisable for clothing next to the skin. They wick moiture away from the skin and allow it to evaporate.
2. Layering is important. One-piece snowmobile suits are good only when inactive and not recommended for winter campouts. Throughout the day the scouts wil be active and need to wear layers of clothing that can be added and removed.
3. Putting clean, dry underwear on when going to bed is crucial. Scouts will need to bring a spair pair of underwear and long underwear that they can change into 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.
4. Most heat is lost from the head. Bring a second stocking cap for night, or a hooded sweatshirt, to keep your head warm and out of the sleeping bag. For really cold weather a balaclava can cover your face while leaving your mouth and nose open to breathe.
5. Dehydration can help cause hypothermia. Drink 2-3 liters of water during the day.
6. Pyhsical activity warms you up. If cold, move!