

# COLD WEATHER CAMPING

## Clothing

Fitted Base Layer



Insulating Middle Layer



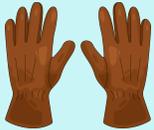
Warm Top Layer

Layer Socks

Waterproof Rubber or Leather



Boots



Warm Hat and Gloves



## Food/Drink



Drink plenty of water



High-protein and high-fat food choices

## Tent/Sleeping Bag



4-Season Tent with Rainfly and no Damage



Tarp on ground under tent

Closed-Cell Foam Sleeping Pad

Avoid air mattresses - can't warm the air

Cold-Weather Rated Sleeping Bag with Fleece or

Flannel Liner

Extra Blankets



A more detailed document is being sent to Cubmasters as well as posted in the District Cub Scout GroupMe Pages