

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 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!
- 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)

How to Sleep Warm When Camping

- **Go to bed warm** - Jumping jacks, pushups or something similar – just enough to warm you up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.
- **Fuel up** - If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks like cheese; avoid refined sugars or caffeine.
- **Water** - You need to be well hydrated to stay warm. How much water you drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to time it right though. If nature calls in the middle of the night get up and go! Holding it in makes you colder.
- **Clothing** - Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm yourself.
- **Hot water bottles** - You may think about filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.
- **Wear a hat** - We all lose a lot of heat from our heads. It's not an old wives' tale; wear a hat to keep your feet warm.
- **Keep your nose and mouth out of the sleeping bag** - Scouts often think that if they crawl all the way into their sleeping bags they'll be warmer but the moisture in your breath will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.
- **More Below than Above** - Sleeping warm means insulating yourself from the ground. A good insulating pad is important.
- **Sleeping bag socks** - If you get cold feet at night consider keeping a dedicated pair of socks in your sleeping bag. Thick, non-constricting fleece or wool socks worn only in the sleeping bag may be the answer to warm feet.
- **Fluff up you Bag** - The insulation in your sleeping bag gets compressed when you pack it so it must be fluffed up to be effective before you get inside. Do a thorough job and you'll sleep warmer.