**Winter Camp Checklist**

Boy Scout Troop 306

Personal Camping Gear Checklist

**Key Principles**

**Winter camping is a serious matter for the personal safety of our Scouts. There are**

**three key principles to keep in mind when packing for a winter campout:**

1. **Stay dry** – wear waterproof outer layer; change clothes before going to sleep; wet

clothes + cold weather = uncomfortably cold Scout, and serious risk of Hypothermia

2. **Dress in layers** – wear a wicking base layer (polyester), insulating middle layer

(fleece or wool), and water/wind resistant outer layer (ideally Gore-Tex material)

3. **Avoid cotton material** – it absorbs moisture and dries too slowly, and wet clothes

draw heat away from the body at an alarming rate

**Bedding**

Sleeping bag - warm bag, ideally rated as a “zero degree” bag

Wool or fleece blankets - to put over and under sleeping bag as extra insulation if

sleeping bag is not rated as “zero degree” (adds 10-20 degrees of warmth)

Wool or fleece bag liner - to put inside sleeping bag for extra insulation (optional)

Pillow (optional)

Ground pad – either foam pad or Therm-A-Rest pad

Stuff sack for sleeping bag (preferably waterproof sack)

**Clothing**

Polyester materials are intended to wick sweat away from the skin (e.g., Under Armor T-Shirts).

Sweat wicking material is often disguised under other material names such as: nylon,

polypropylene, capilene, spandex, and lycra. If it is made with more than 40% cotton, it is NOT

a satisfactory wicking material.

*The key to cold weather camping is to stay warm and dry.* Bring both light and heavy weight

clothing in order to "layer" if the weather is cold. Scouts should remove layers if they start to

overheat and sweat. For base layer (i.e., underwear, socks, t-shirt), bring at least one change per

full day of camping. Here is a good clothing checklist for a weekend campout.

At least 2 underwear (polyester is better)

At least 3 sets of paired socks combo - lightweight polyester socks next to your feet to

pull the moisture away and a heavy wool pair on top (or insulating synthetic material)

At least 3 polyester base shirts – long or short sleeve (worn against skin)

1-2 long, thermal underwear (no cotton)

1-2 insulating fleece pullovers or wool sweaters

Hooded sweat shirt and sweat pants to sleep in (this can be cotton for sleeping at night)

Insulated coat/ jacket that is wind/water resistant - suitable for camping environment

2 Winter stocking cap that covers entire head and ears (day use and sleep use)

Balaclava or ski mask to cover head and face (optional)

pair warm gloves or mittens (outer material should be water resistant)

Hiking boots

Rain gear

Scarf/Shemaugh/neck gaiter

**Other Items**

Back pack or duffel bag for personal gear

Garbage bags to store your clothes (and keep them dry)

Wash kit – Soap, wash cloth, towel, comb, deodorant, toothbrush, toothpaste

Mess kit - drinking cup, bowl, plate, and utensils with your name on it

Boy Scout Handbook (in a plastic, zip-lock bag)

Water bottle (Nalgene)

Flashlight or Headlamp with extra batteries

Compass

Personal Tent

Camping chair

**Troop Provided Items**

Cooking equipment, and associated cleanup supplies

Lanterns

**Some winter camping tips**

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 are best 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.

• Physical activity warms you up. If cold, move!