

Winter Camping Checklist

Clothing:

Head & Hands:

Wool or fleece hats (2) one for the daytime & a dry one to sleep in (if we are in tents). A balaclava or some other type of knit hat that covers the ears is essential.

Wool or fleece scarf (optional)

Warm gloves or mittens (2-pr minimum). Again, at least one dry pair to sleep in.

Footwear:

Warm dry boots. A second pair is advisable, as boots tend to get wet when camping in snow. Boots should be warm & waterproof. Boots with felt liners are a good choice. Any other boots that will keep feet warm & dry are fine.

SNEAKERS ARE NOT ACCEPTABLE FOR OUT OF DOORS!!!!!!!!!!!!

Wool socks (several pair). No substitutes. Nothing else will keep your feet warm like wool socks. - Two dry pairs to sleep in (2 nights), and 1 pair to wear during the day. Avoid cotton socks as wet cotton provides no insulation at all. It does, however, draw heat away from the body. Warm, dry feet are happy feet.

Polypro or similar sock liners - this material wicks the moisture away from the body dramatically reducing heat loss from evaporation. The net result is the body feels far warmer with these than with any other material.

Pants:

1st choice wool or fleece, for the same reasons mentioned above. A breathable pair of shell pants would be advisable. - Equally good ski type pants - also warm & dry. ***Jeans should not be worn outside on cold weather camping trips as they absorb and hold onto water very readily, increasing the chances for hypothermia and are very poor protection against the cold.*** Please note - jeans and sneakers should be worn for travel only to and from campouts.

Long underwear - tops and bottoms - polypropylene, thermax, capilene are great. Please avoid cotton waffle underwear, cotton sweats and cotton flannel for the reasons stated above. Bear in mind that you will need to wear a clean, dry pair to bed each night.

Tops:

Wool or fleece top(s). Remember, two nights of sleeping in these, if we are in tents. If we're in a cabin, this is less important for sleeping.

Wool sweater (optional, or as a shirt substitute)

Coat, Parka or Shell

A light shell may be worn over several insulating layers. Make sure it is big enough to accommodate the insulating layers. A layer can always be removed if the weather is milder than expected.

A parka should also be large enough to accommodate the extra layers of clothing needed to keep warm in the winter environment. It should also be large enough to allow the circulation of air to help move moisture away from the body (ditto for a light shell). A permanently attached hood will prevent loss of heat at the head and neck.

Raingear - VERY IMPORTANT

Camping Gear:

Tents - the troop will supply these.

Sleeping bags - The Scouts will need one rated to at least zero° or pin one or two wool or fleece blankets inside their sleeping bag for added warmth.

Closed cell foam insulating sleeping pad.

Scouts need to bring their own:

- o - Pillow
- o - Blankets - see below
- o - Individual water bottles to carry in your pack for hiking.
- o - Flashlight & extra batteries and bulb.
- o - Individual mess kit - nothing fancy- a knife, fork, spoon, plastic plate and cup are fine.
- o - Stove, fuel, cook set and food if doing individual cooking.
- o - Garbage bags for dirty laundry.
- o - Toilet paper - small amount - don't depend on someone else to provide it.
- o - Personal kit - toothbrush, toothpaste, face cloth, soap, towel and any medicines needed.
- o - Scout Handbook

Other Requirements:

Ziplock freezer bags make great stuff sacks. The gallon or 2 gallon ones are perfect for packing clothing. Socks in one, t-shirts in another, etc. Another way of packing using Ziploc bags is to put a full set of underwear, socks and t-shirt for each day in one. The bags help provide some organization, and more importantly, keep everything DRY. Dry is of the utmost importance in keeping warm. ALL Scouts are advised to have their gear dry packed in this manner.

Misc. information

A ground cloth inside the tent will provide additional insulation.

This is not an all-inclusive list---use common sense in dressing for winter camping.

RESOURCES

Layering for warmth - pages 42 & 43 of Fieldbook, Boy Scouts of America

Winter Camping - pages 331 to 355 of the Fieldbook, Boy Scouts of America

Sleeping System - "Sleeping Out in Winter" Scouting magazine, Nov. 1993

Winter Camping - Okpik: Cold Weather Camping, Boy Scouts of America