

## Troop 65 – Personal Gear for a Winter Camping Trip

### First a few tips:

- Plan to dress in layers, avoid cotton
- Bring cloths that keep you warm when damp or wet like wool, Polypropylene or polyester fleece
- Hats, gloves and sox tend to get wet and/or lost, so bring extras
- Keeping warm is easy, but it's hard get warm once you are cold, so be sure to bring enough clothing. To stay warm you must stay active so your heart can supply warm blood to your ears, fingers and toes. Plan on eating lots of calories and burning them up through activity. If you begin to get cold, get moving! Sitting around the campfire won't keep you warm, but walking around gathering firewood will!
- There will be experienced winter campers present, please follow their directions on how to stay warm and comfortable so you will have a great winter camping experience

### Warm Clothes:

- 2-3 pairs of warm pants (no cotton pants (jeans) which hold moisture and freeze)
- Long johns and regular underwear
- Shirts and sweatshirts that can be layered
- 3-4 pairs warm socks (no cotton)
- 1 pair of shoes and 1 pair of winter boots - NO SNEAKERS
- Some warm dry clothing for sleeping - you will put on just before bed
- Hat(s) and Gloves(s) – wearing 2 hats or two pairs of gloves will keep you warm
- Snow Pants – to keep away wind and water
- Warm coat
- Some plastic shopping bags – you can keep damp gear in your sleeping bag overnight so it won't be frozen in the morning
- Heat packs for hands and feet if it's really cold

### Equipment – mark your stuff so you can identify it:

- **Scout Book** – all advancement is recorded in your book
- Waterproof ground cloth
- Foam ground pad(s) - The cold ground will rob you of heat much faster than the cold air. To stay warm, you must be well insulated underneath your sleeping bag
- Mess Kit or Cup and plate and fork, knife and spoon
- Water Bottle(s) – a leak proof bottle and/or Ziploc bag can be kept in your sleeping bag overnight to avoid freezing
- Flashlight and spare batteries
- Toiletries (toothbrush, toothpaste, soap, etc.)
- Sleeping bag – you can use a blanket to line your bag or even two bags nested together to stay warmer. Instead of a pillow, put your cloths in a stuff sack and they will be handy and warm when getting dressed in the morning.
- Pocketknife
- Personal First Aid kit

