

# Boy Scout - Winter Camping Checklist

## Basics

- Dress in layers, the trapped air helps keep you warm, and you can shed layers if you warm up.
- STAY DRY!! If you get wet, make sure you change into dry clothes as soon as possible. In order to do that, you must have more than 1 article of clothing with you. For example, 3 pairs of wool socks, 2 pairs of pants, etc.
- NO COTTON clothing as your primary clothing. NO JEANS!
- Make sure you have snow pants, nylon wind pants, or wool pants, and polypropylene or wool long underwear

## Shelter

- Tent
- Waterproof ground sheet for under your tent
- Sleeping pad (Therm-a-rest or closed-cell foam is recommended. Use 2 pads if they are thin, you want to insulated from the cold ground.)
- Sleeping bag, good to 0 degrees. You can also add a fleece liner to a mid-weight bag.

## Clothing

- Wicking bottom layer, made of something other than cotton. Recommend polypropylene or silk.
- Sweater/ long sleeved shirt
- Fleece jacket/ pants/ vest
- Socks/ wool or synthetic (3 pairs), NOT cotton sweat socks.
- Winter camp booties, if you want

## Outerwear

- Winter pants (ski or snowboard pants, bibs, shell)
- Winter shell jacket/ parka (layer with vest, sweater, tee shirt, etc.)
- Gloves (leather or nylon covered for water resistance, NOT just fleece)
- Mittens (warmer than gloves) with waterproof shells
- Winter Hat (very important)
- Balaclava and/or neck gaiter
- Winter boots (Sorel's or similar, NOT just summer weight hiking boots)
- Gaiters (sometimes the snow is DEEP)

## Miscellaneous Gear

- Day pack with the 10 essentials

## The Ten Essentials for Hiking/Backpacking

The "Ten Essentials" is a list of items that can save your life in the event of an outdoor emergency. You probably don't need these items on a Greenways walk or urban hike but we strongly urge you to carry them with you on any backcountry outing. Consider the Ten Essentials as an insurance policy against the unexpected. You will not use these items on every trip but at some point during your hiking career you will be glad you have them along.

**Ten Essentials (per the Sierra Club, your list may vary)** 1. Map 2. Compass 3. Flashlight/headlamp (be sure to have an extra set of batteries that fit your flashlight/headlamp) 4. Extra food (enough for one extra day) 5. Extra clothing 6. Rain gear ( jacket and pants-always carry rain gear even if the sun is out) 7. First aid supplies (be sure to include an extra day of any medication you are taking or might need in an emergency) 8. Pocket knife 9. Matches (stored in a water tight container in addition to matches or a butane lighter) (NR = not required) 10. Fire starter (can be candles, chemical fire starter, backpack size fire logs) (NR)

For a more detailed discussion on the Ten Essentials, go to: <http://www.twohikers.org/Gear/TenEssentials.htm>

**Other Essentials** 11. Space blanket (used as windbreaker, heat reflector, signaling device) 12. Sunglasses or goggles (to protect against sunblindness) 13. Toilet paper 14. Extra socks/liners 15. Head covering (for rain/warmth, see HAT above) 16. Duct tape (1001 uses; try bringing about 3 feet of this, not a whole roll) 17. Insect repellent (NR) 18. Iodine tablets or water pump (carry extra water if water location is a potential problem) 19. Trash bag (for dirty or wet clothes or boots) 20. "In case of emergency" card (list name and number to call in an emergency, medications, medical conditions and whether or not you are a contact lenses wearer). You may want to pack your driver's license and insurance card in a plastic bag for protection.

- Water bottle (Nalgene type) plus spare if you want a hot water bottle in your bag at night.
- Insulated drinking cup (coffee travel mug)
- Mess kit items (fork, spoon, bowl at a minimum)
- Sunscreen
- Personal items (toothbrush & paste at a minimum)

### Hints:

- Plan for and Cook one pot meals (less mess to clean up)
- Prepare foods in advance at home, as much as possible. That means precook your meats, chop your vegetables, slice or shred your cheese, etc.
- Use ziploc bags (all sizes) for food, small items, clothing, gear, whatever.
- Use this checklist as you pack your gear.
- Talk to your parents about what you have already, what you might be able to borrow, what you need to buy in advance, and then take care of all that IN ADVANCE, NOT the night before we leave on the trip.