



Winter Camp Checklist

Boy Scout Troop 385 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 3 polyester underwear
- 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)
- Long ski/sledding pants that provide water resistance

- Insulated coat/ jacket that is wind/water resistant - suitable for camping environment
- Winter stocking cap that covers entire head and ears
- Balaclava or ski mask to cover head and face (optional)
- 2 pair warm gloves or mittens (outer material should be water resistant)
- Winter boots (with adequate insulation and waterproof material)
- Extra Pair of footwear - sneakers are OK as supplement to winter boots; Crocks/sandals are NOT appropriate footwear for winter camping
- Rain gear (poncho or water resistant pants/top shell)

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 or canteen
- Flashlight with extra batteries
- Compass

Troop Provided Items

- Tents (our Troop has 3 season tents so warm sleeping bags are essential)
- Newspaper or hay to place under tent or sleeping bag as insulation from cold ground
- Cooking equipment, and associated cleanup supplies
- Camping chairs