

Equipment - Personal

1. Personal equipment - **label everything with your name**

- 4 sets of underwear (NOT cotton)
- 4 t-shirts (NOT cotton)
- 2 sets of long johns (NOT cotton)
- 4 pairs of socks. Wear 2 pairs at a time- Wear a synthetic (PolarGuard, nylon, etc) pair next to feet to wick sweat, then a wool pair over them for warmth. Do not bring cotton; they will be very cold.
- Boots -2 pairs- preferably snow boots. NO tennis shoes or low cut shoes.
- 2 pairs of gloves
- 2 pants (not blue jeans)
- Personal toiletries
- Water bottle
- Camp chair or a Sit-upon (a piece of foam or cardboard to set on in snow) - labeled w/name.
- Knives are allowed for Scouts with a Totin' Chip
- 2 small flashlights
- Balaclava (best) or toboggan cap
- Snowshoes (If you have already)
- Shell jacket with hood
- Jacket - have a hood if building a snow cave
- Heavy coat in case temperatures are really cold
- Toe and hand warmers (optional)
- Sleeping bag (see note below)
- 1 snow pants
- Sleeping pad
- Layers under pad, e.g. cardboard
- 2 pairs of gloves (2 layers)

2. Staying warm during the day

- Dress in layers = underwear, t-shirt, long underwear, fleece shirt, shell jacket
- Think Layering! 2-3 layer system for socks, pants, shirts, coat. Why? A lightweight synthetic pair then a heavy synthetic pair - NOT cotton. Synthetic = polyester, Polarguard. Or wool. Layering is much warmer than a heavy coat and can be adjusted to different temperatures during the day.
- Stay active, but try not to sweat.

3. Staying warm while sleeping

- Sleeping bag. Double bagging works well. And/or a fleece liner
- 4 layers under sleeping bag = tarp, such things as 2 or 3 layers of cardboard, mattress (closed foam best - not air filled like Thermarests), old wool blanket, then sleeping bag. Can add more layers.
- Sleeping bag liner - Walmart has a cheap fleece blanket that can be sewed into a rectangular shape on 3 sides.
- Do not sleep in your day clothes - change into long underwear.
- Drink all day, but stop 1-2 hours before bedtime.
- Put next day's clothing and boots (in a bag) in sleeping bag with you.

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4. Some excellent references on layering, sleeping warm, good and bad boots for winter camping:

- <http://www.denverboyscouts.org/camping/year-round-adventure/okpik/11120>
 - Sleeping, Boots, Layering, Secrets of Warm Booklet
 - National Outdoor Leadership School (NOLS) educational videos:
Winter Warmth and Summer Warmth
- *The BSA's Fieldbook* is excellent.
- *Scout Handbook*
- "Wilderness Survival Merit Badge Book".
- Google: "cold weather camping", "ice rescue", "snow cave"
- <http://www.boyscoutstrail.com/library/wintercampingtips.asp> is excellent
- "Winter Wonders: Tips and tricks ... cold weather camping...", *Scouting Magazine*, January-February 2016, pages 42-43.
- Test your knowledge of winter camping with this quiz
<http://scoutingmagazine.org/2012/12/a-quiz-to-test-your-knowledge-of-winter-camping/>
- **New addition** to the Leaders Manual (Jan 8, 2016)
REI's excellent article on cold weather camping
<http://www.rei.com/learn/expert-advice/winter-camping.html>