

Simple Equipment List for Your First Winter Campout

- Backpack or Sled to carry the gear.
- Gear stored in a backpack and large sports equipment bag or duffel bag. Plastic bags covering everything.
- Cross-country skis and/ or snowshoes
- Layers of clothing to keep warm for 3 days (see second page)
- Winter socks – many pairs. Best combination is a light silk or polypro socks with heavy wool socks
- Snow Pants and/ or overalls (available at thrift stores for \$3-\$5).
- Heavy coat
- 2 Wool sweaters or polar fleece sweatshirts
- 2 Long sleeve shirts (wool or synthetic fiber for good insulating quality & quick)
- 2 Sets of long underwear (if buying new, look for 100% synthetic fabric, not "waffle pattern" cotton blend).
- Winter underwear for three days
- Sturdy, insulated winter boots with liners (rubber is much better than leather. leather will freeze at night).
- Plastic bags to store everything
- Winter gloves or mittens (as many as you own and can borrow!)
- 2 Warm hats (one for sleeping *only-sleeping* hat should be designed to stay on at night).
- Winter rated sleeping bag (2 regular sleeping bags loosely stuffed one inside the other)
- Additional sweat pants & sweat shirt & socks for sleeping only! Change all of your clothes, including your long underwear, inside your sleeping bag when you go to bed.
- Two (2) closed-cell foam sleeping pads
- "Blue" 5'x7' tarp or other plastic ground sheet (troop has some)
- Good quality whistle on neck chain or / signal mirror, pencil, paper, Scout Handbook, compass, pocketknife, and supplies for the competition
- Mess Kit (heavy-duty plastic cup and spoon).
- 2 One-Quart water bottles, filled ("nalgene" bottles can be filled with hot water for inside sleeping bag).
- Flashlight & extra batteries and a candle lasting 12 hours for lighting the cave
- Small first aid kit (you can make your own: BSA handbook, page 289).
- Book or other material to read or pass the time in the cave
- Matches in a zip-lock bag.
- Toilet paper (half a roll in a zip-lock bag).
- Class A Scout uniform

Layers

Layers allow you to adjust your temperature to the amount of activity being performed, weather conditions, and outside temperature. The layers should keep you warm – not hot and sweaty. Take off or add layers as needed to keep warm.

Head = wool hat or equivalent

Upper body (torso & both arms) = 2 ½ to 3 insulating layers ideal
1 layer = heavy sweater
½ layer = wool underwear, shirt

Example:	wool underwear top	½
	Long-sleeve wool shirt	½
	Heavy wool sweater	1
	Ski jacket	<u>1</u>
	Total	3 insulating layers

Lower body = 2 to 2 ½ insulating layers ideal
& both legs 1 layer = insulated ski pants
½ layer = wool underwear or newer material

Example:	Wool underwear pants	½
	Wool pants	½
	Ski pants	<u>1</u>
	Total	2 insulating layers

Feet = light silk or polypro socks
Heavy wool socks
Insulated boot insert
Insulated boot

Hands = thin wool gloves
Heavyweight gloves or mittens
Mitten shell or covering