

Troop 68 Farmington
Winter Camping Checklist

X	Clothing
	Long Underwear - polypropylene, silk or synthetic blend
	Long Sleeve Shirt
	Fleece Pullover - polyester fleece
	Snow Pants or Wool Pants
	Long-Sleeve shirt (2)
	Insulated Winter Parka
	Wind/Rain Suit
	Neck warmer or scarf
	face mask
	Hat or Ski Cap - . A second knit hat can be used sleeping
	Heavy Wool Socks (3 pair)
	Insulated Winter Boots
	Mittens or ski gloves (2 pair)
	hooded sweat shirt to sleep in (optional)
	Sleeping
	Sleeping bag
	Ground Cloth
	Pad
	space blanket
	Sleeping bag Liner - fleece
	Eating
	Lexan cup, bowl, fork & spoon (not metal)

X	Personal Care
	Sunglasses or Ski goggles
	sun screen
	lip balm
	toilet paper (in zip lock bag)
	Scout Essentials
	Folding pocket knife
	personal first aid kit
	Water bottles (2) filled
	flash light or headlamp with spare batteries
	food bars
	matches and fire starter
	map and compass
	whistle
	Other
	Garbage bags HD (2)
	disposable hand warmers
	Optional

Special considerations:

- Cotton is bad, wool is good. Cotton retains moisture. Blue jeans and sweat pants are not advisable for winter camping, although dry sweat pants can be worn in the sleeping bag. Wicking synthetics such as Cool Max are now available for clothing next to skin. They wick moisture away from the skin and allow it to evaporate.
- Layering is important. Throughout the day you will be active, and need to wear layers of clothing that can be added and removed.
- Putting clean, dry underwear on when going to bed is crucial. Boys will need to bring a spare pair of underwear and long underwear that they can change in to and wear while in their sleeping bags, as well as a pair of dry socks for sleeping. That night's underwear and socks can be worn the next day.
- Most heat is lost from the head. Bring a 2nd dry stocking cap for night, or a hooded sweatshirt, to keep head warm and out of the sleeping bag. For really cold weather a balaclava can cover your face while leaving mouth and nose open to breath without wetting the cloth. Do NOT breath into your sleeping bag – you will get wet and cold.
- Dehydration can help cause hypothermia. Drink 2-3 liters of water during the day. Storing your water bottle upside down in the snow (next to your tent where you can find it) will help prevent the lid from freezing on.
- Physical activity warms you up. If cold, move!