



Troop 37

Worcester, MA

Winter Camping Checklist

Individual Outdoor Essentials

- Backpack
- Flashlight
- Water bottle
- Pocket knife (Totin' Chip card holders)
- Sleeping bag – warm
- Sleeping pad – good R rating
- Extra sleeping bag or fleece insert
- Mess kit
- Sun block
- Ground pillow (optional)
- Rain gear

Clothing

- Underwear – nylon
- Socks – no cotton
- T-shirts
- Long, thermal underwear
- Long pants
- Long sleeve shirt
- Warm sweater
- Warm coat or jacket
- Stocking cap (2)
- Gloves or mittens
- Winter boots
- Hooded sweatshirt and sweatpants (winter PJs)

Toiletry Kit

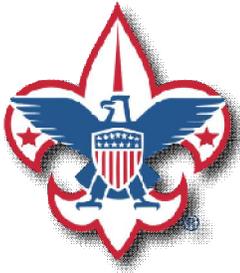
- Toothbrush
- Toothpaste
- Dental floss
- Comb
- Washcloth
- Towel
- Deodorant
- Soap

Optional Extras

- BSA Handbook
- Watch
- Notebook
- Pen or pencil
- Sunglasses
- Camera
- Day pack
- Extra batteries
- Compass

DO NOT BRING

- Cell Phone**
- Mp3 player / boom box**
- Fireworks**
- Inappropriate material**



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Winter Camping Checklist (continued)

Special considerations:

1. 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.
2. Layering is important. One-piece snowmobile suits are good only when inactive and not recommended for winter campouts. Throughout the day boys will be active, and need to wear layers of clothing that can be added and removed.
3. Putting clean, dry underwear on when going to bed is crucial
 - a. Scouts 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, as long as you have another dry set for the next night.
4. 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 breathe without wetting the cloth. Do NOT breathe into your sleeping bag – you will get wet and cold.
5. Dehydration can help cause hypothermia. Drink 2-3 liters of water during the day.
6. 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.
7. Physical activity warms you up. If cold, move!