

WINTER CAMP GEAR

See Scout Handbook, pages 224-5 and 322-4

CLOTHING – Use the concept of layering, using jackets, sweaters, vests, etc. This is far better than a heavy winter coat. Generally avoid cotton fabrics, especially next to the skin. Wool and synthetics are better thermal barriers, especially when wet. Cotton compresses and bunches when wet, inviting hypothermia and blisters. Bring a 2nd set of clothes to sleep in.

1. **Boots** – Waterproof, preferably high top; insulated for cold, or sized large to allow a 2nd pair of socks.
2. **Backup footwear** – Sneakers are OK for backup.
3. **Socks** – Polypropylene, wool, or wool/synthetic blend. NO COTTON SOCKS. Bring a 2nd pair to sleep in and a 3rd pair for backup.
4. **Pants** – Water resistant if possible. Snow adheres to jeans, then melts with body heat. Avoid denim if possible.
5. **Hats/Caps** – Fleece or wool. One for daytime and one for sleep. A balaclava (covering head and neck) is great, especially for sleeping. A hooded jacket can meet this need during daytime.
6. **Shirts, jackets, sweaters, vests** – Use layering. Avoid cotton hoodies unless over wool or synthetic and covered by a water-resistant shell. Synthetics, fleece, and wool are by far the best.
7. **Thermal underwear** – Extremely valuable. Again, best no cotton.
8. **Gloves/mittens** – Mittens are warmer than equal-weight gloves. Waterproof are best.

BEDDING AND SHELTER – Winter camps are usually a good experience if you sleep warmly. Sleeping warmly is easy with appropriate gear and behavior. Change clothes down to the skin at bedtime to avoid perspiration in your clothing that will create a cold night.

1. **Sleeping bag** – Should be 0 degree rated, or nest 2 summer-weight bags for warmth. Fleece bag liners add 10 degrees to temperature rating. Mummy-style bags tend to be better winter bags of same rating.
2. **Sleeping pad** – Closed-cell pads are best for warmth. A blanket or extra bag can substitute for, or add to a regular pad. No air mattresses. They keep you cold. Closed cell pads are better and inexpensive at Walmart or many other stores.
3. **Pillow** – Increases both warmth and comfort.

GEAR ITEMS

1. **Chemical hand warmers/feet warmers** – Optional but nice to have.
2. **Hot water bottle** – Wonderful at the foot of your bag at bedtime if you have a stove available to heat water. Optional.
3. **Mess kit** – Including plate, bowl, cup, fork, spoon.
4. **Other regular camping gear** – Pocket knife, water bottle, pack, flashlight, first aid kit, and Scout Handbook.
5. **Food** – Items which are easy to fix and hot are best in cold weather. MRE's are great.

TROOP EQUIPMENT – Camp kitchen and shovel and snow shovel