

# TENT CAMPING – WINTER

(cold weather)

## **CLOTHING**

- ☐ Wool cap or ski cap that covers the ears
- ☐ Long underwear, tops and bottoms
- ☐ Warm long sleeve shirt
- ☐ Sweater or windproof jacket (ski jacket, parka)
- ☐ Rain gear (be sure it fits over the jacket)
- ☐ Warm pants (synthetic material that sheds water is the best)
- ☐ Snow pants or ski pants can be worn over these also
- ☐ Wool or synthetic material socks
- ☐ Optional: liner socks to wear under wool or thick socks for moisture control (regular socks will work)
- ☐ Boots, loose fitting (when wearing lots of socks) and waterproof
- ☐ Gloves or mittens (spare pair?)
- ☐ Spare long underwear and socks to change into at bedtime (and as a back up set of dry clothes)

Daily change of clothes:

- ☐ Long-sleeved shirts
- ☐ Blue jeans or other long pants
- ☐ Socks (twice as many if wet weather)
- ☐ Underwear

## **OUTERWEAR**

- ☐ Winter coat with hood
- ☐ Gloves or mittens
- ☐ Jacket and/or sweater
- ☐ Hooded sweatshirt
- ☐ Poncho or raincoat and rainhat

## **BEDDING**

- ☐ Tent – 1 per 2 Scouts
- ☐ Plastic ground cloth for under tent
- ☐ Winter weight sleeping bag
- ☐ Foam sleeping pad or air mattress (air mattress NOT recommended for cold weather)
- ☐ Pillow or air pillow

## **PERSONAL TOILETRIES**

- ☐ Hand soap in container
- ☐ Washcloth
- ☐ 2 towels
- ☐ Shampoo (if showers are available)
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Deodorant (*NON-AEROSOL*)
- ☐ Comb and/or brush

## **CAMPING GEAR**

- ☐ Flashlight with extra batteries and extra bulb
- ☐ Mess kit (plate, bowl, and cup)
- ☐ Utensil kit (knife, fork, and spoon)
- ☐ Laundry bag
- ☐ 2 garbage bags (for storage, carrying items, etc.)
- ☐ *Boy Scout Handbook*
- ☐ Notebook and pencils or pens
- ☐ Backpack, duffel bag, or suitcase to carry everything in
- ☐ Folding camp chair
- ☐ Canteen or water bottle (with water)

## **OPTIONAL ITEMS** you may be glad you brought

- ☐ Sleeping bag liner, blanket(s), and/or space blanket
- ☐ Hand Warmer packets
- ☐ Personal
- ☐ Metal or plastic mirror
- ☐ Wooden matches in waterproof container
- ☐ Fire starters
- ☐ Nylon cord for clothesline
- ☐ Clothespins
- ☐ Toilet Paper
- ☐ Sunscreen and/or suntan lotion
- ☐ Lip balm
- ☐ Insect repellent (*NON-AEROSOL*)
- ☐ Camera and extra batteries
- ☐ Shower thongs (if showers are available)
- ☐ Sunglasses
- ☐ Spending money

### Summary

- ♦ Winter clothing in the outdoors is best worn in layers. The clothing works best if several light layers are worn to start the day and then scouts can remove one or two layers as the day progresses. Layers can be put back on at night as the temperature lowers and activity decreases.
- ♦ All personal gear should be packed in the backpack. Oversize sleeping bag, extra blankets can be separate but should be wrapped in plastic trash bag or waterproof bag.
- ♦ Winter camping and outdoor activities require extra gear - But most of the gear scouts already have at their homes.
- ♦ The key to keeping warm is to follow the C. (Clean) O. (Overheat) L. (Layering) D. (Dry) guidelines and to drink plenty of fluids. If your clothes are clean and dry, they will breathe better and you'll stay warmer. If you overheat, your clothes will be wet and you will easily chill.
- ♦ Layering your clothes will keep you clean, warm and dry and will prevent overheating. If you start to feel warm, simply remove a layer of clothing. If you start to feel cold, add another layer of clothing.
- ♦ An example of proper layering starting from the layer closest to your skin on the upper half of your body would be thermal top, t-shirt, shirt, sweater and jacket. For your head, a scarf and/or a ski hat. For the lower half of your body; start with underwear, thermals, pants and water and/or wind resistant pants.
- ♦ For your feet, thin, breathable liner socks, wool socks, boots. **NO TENNIS SHOES.**