

Winter Camping Gear – Info for Scouts and Parents

Temperature: between -10° and -20° C (14° F to -4° F) at night

Snow: may be 1 meter deep and more may be falling.

Wind chill – draws off body heat and can freeze exposed areas – face, ears, etc

BUY in December – by January, stores start selling spring clothes!

Clothing – NO COTTON!

Head, Hands and Feet – the **MOST** important

☐ Head

Hat & neck-warmer or facemask (& ski goggles or sunglasses)

The head is the most important part of the body.

Blood & body heat are diverted from feet & hands to head
to keep the brain warm; no hat = cold feet & hands

Insulate the head, and everything else stays comfortable

☐ Hands

Mitts will keep fingers together and warmer, but lack dexterity

Mitts & gloves **MUST** be waterproof and lined

Plus an extra pair (back-up, when the first set gets wet)

☐ Feet

Boots need to be waterproof & high enough to keep out snow

2 layers of socks: light polyester + ski socks or heavy wool

Gaiters (optional) - if outer pants aren't wide enough to cover boots

Body

☐ **Layers!!** - to wick perspiration away from body; if you're wet, you're cold

☐ **POLYESTER** against skin, especially if sensitive to wool

☐ **Mid-weight Underwear - NOT COTTON!**

Thermal-knit, **polyester**, polypropylene or wool – NOT COTTON!

Bottoms ("long johns") and shirt

Mid-weight = good insulation for stop-and-go activities

☐ Warm long-sleeve shirt, with **buttons down the front** (not flannel; it's cotton)

☐ Pants - **NOT jeans**; they are cotton

☐ Fleece jacket (a sweater is not as good; zipper allows cooling down)

☐ Outer shell

Waterproof Parka or combination Shell + Liner jacket system

Ski pants, powder bibs or other water-proof pants

Gear

Sleeping System

☐ Sleeping Pad (Therm-a-Rest or similar brand)

☐ Foam Sleep Pad (aluminum-backed blue foam) – 1/2" thick (1.25 - 1.6 cm)

☐ Sleeping Bag – don't skimp!

"4 season" bag **rated for Zero Fahrenheit (-18°C)**

Mummy-shaped, with baffles and insulation next to zipper,

to keep out cold air. The hood stops heat loss from head.

Synthetic insulation (down is NOT a good choice for scouts!)

Winter Camping - Packing Checklist

Feet

- ☐ Winter Boots (NOT hiking boots!)
- ☐ Heavy Socks (1/day + 1 pair)
- ☐ Liner socks (1/day)
- ☐ Gaiters (if necessary)
- ☐ **Snowshoes (Kanjiki)**

Body

- ☐ Long Underwear (x2) – Medium weight
- ☐ Underwear
- ☐ Ski Pants
- ☐ Thermal Undershirt (x2) - Medium weight
- ☐ Fleece Jacket
- ☐ Ski Jacket
- ☐ **Rain Jacket** (NECESSARY for digging snow caves)
- ☐ **Sleeping Bag**
- ☐ **Foam Sleeping Pad**
- ☐ **Inflatable Sleeping Pad**
- ☐ **Bivy Sack (made with blue sheet)**

Head & Hands

- ☐ Hat
- ☐ Neck Warmer
- ☐ Sunglasses or Ski Goggles (to prevent snow blindness)
- ☐ **WATERPROOF Ski Gloves (at least 3 Pairs!)**
- ☐ **Disposable Hand Warmers (10 Kairo)**

The Rest

- ☐ Large Backpack – make sure waist belt fits over winter clothing!
- ☐ Mess Kit – insulated cup, spoon, fork, bowl (not a plate)
- ☐ **Water Bottle (1 liter) - WIDE MOUTH** to resist freezing the mouth shut, and a wide cap is easy to open with gloves.
- ☐ Water Bottle Cover – 1 thick acrylic or wool sock
- ☐ **Portable Toilet**
- ☐ **Long Straps (1.25m)** to hold sleeping bag & pads to backpack
- ☐ 45 or 60 Liter **GARBAGE BAGS (x2)** to cover rolled up sleeping bag
- ☐ Sun Screen (minimum SPF 15)
- ☐ Chopstick
- ☐ Small roll of Toilet Paper (in plastic bag)

Food

- ☐ **Bread**
- ☐ **Cup Noodle**
- ☐ **Boiled chicken in Ziploc (x2)**
- ☐ **Boiled vegetable in Ziploc (x2)**
- ☐ **Sat. Breakfast, Sat Lunch**

CARRY THESE 3 IN THE INNER POCKETS OF YOUR JACKET – cold will kill them!

- ☐ Headlamp with batteries
- ☐ **EXTRA BATTERIES** for headlamp! (batteries die in the cold!)
- ☐ Cell Phone (fully charged)
- ☐ Chocolate Bars (x3) (NOT trail mix – it freezes solid)

Do **NOT** bring **Scout Uniform, CONTACT LENSES** – they'll just freeze!