



1000 Ellicott Creek Road
Tonawanda, NY 14150
213-0350

PERSONAL EQUIPMENT LIST FOR WINTER CAMPING

2 PAIR LONG UNDERWEAR: 100% SYNTHETIC (such as Polypropylene or Polyester) - **NO COTTON BLENDS!**
2 WOOL OR SYNTHETIC (such as Polar Fleece) SHIRTS - **NO COTTON BLENDS!**
1 HEAVY WOOL OR POLAR FLEECE SWEATER OR HOODED SWEATSHIRT - **NO COTTON BLENDS!**
2 PAIR HEAVY WOOL TROUSERS, SKI PANTS, OR NYLON SHELLS OVER POLAR FLEECE SWEAT PANTS
1 WOOL OR SYNTHETIC SCARF OR NECK GATOR
1 WOOL OR SYNTHETIC CAP
EARMUFFS OR JACKET HOOD
INSULATED JACKET
RAIN GEAR JACKET & PANTS
4 OR MORE PAIRS SYNTHETIC INNER SOCK LINERS
4 OR MORE PAIRS WOOL OR HEAVY DUTY SYNTHETIC SOCKS
2 PAIR MITTENS OR WOOL GLOVES WITH WATERPROOF SHELL
BOOTS, GALOSHES, OVERSHOES, OR SNOWMOBILE BOOTS WITH LINERS - **NO SNEAKERS OUTSIDE!**
GOOD SLEEPING BAG WITH 2 WOOL BLANKETS
WATERPROOF GROUND CLOTH
FLASHLIGHT WITH GOOD BATTERIES & LAMP
HANDKERCHIEFS
TOILET KIT WITH SOAP, HAND TOWEL, TOOTH PASTE, & TOOTHBRUSH
MESS BAG WITH KNIFE, FORK, SPOON, PLATE, BOWL, CUP (**NO GLASS OR CHINA**)
WATERPROOF MATCHES (DIP HEADS IN NAIL POLISH), AND FIRE STARTERS
COMPASS WITH BASE PLATE
FIRST AID KIT (SEE BOY SCOUT HANDBOOK)
POCKETKNIFE
CANTEEN OR WATER BOTFLE
SUN PROTECTION (UV LIP BLOCK AND SUNGLASSES)
SCOUT HANDBOOK, OLD LOOSE LEAF NOTEBOOK WITH SUBJECT DIVIDERS, AND PENS
NEWSPAPERS FOR INSULATION (at least 2 inches), OR FOAM SLEEPING PAD (\$10 at Wal-Mart)
FOR SLEEPING USE ONLY: PAJAMAS, PLUS FRESH HOODED SWEATSHIRT, PLUS FRESH SWEATPANTS

BOOTS SHOULD BE WATERPROOFED. DO NOT WADE IN STREAMS OR PUDDLES IN LEATHER BOOTS. THE BEST WAY TO KEEP WARM IS TO STAY DRY. CHANGE OUT OF WET CLOTHES IMMEDIATELY. DRY THE WET CLOTHES, YOU MAY NEED THEM LATER. WOOL OR POLAR FLEECE CLOTHES ARE BEST BECAUSE THEY FORM AIR POCKETS WHICH INSULATE. THEY ALSO KEEP YOU WARM WHEN THEY ARE WET. MANY SCOUTS HATE THE WAY WOOL ITCHES! POLAR FLEECE IS A SYNTHETIC ALTERNATIVE WHICH IS OFTEN CHEAPER, LIGHTER, AND WARMER.

A GROUND BED SHOULD HAVE TWO LAYERS UNDERNEATH FOR EVERY LAYER ON TOP. NEWSPAPER OR CARDBOARD IS AN EXCELLENT INSULATOR IT IS IMPORTANT THAT YOU CHANGE INTO DRY CLOTHES BEFORE GOING TO SLEEP. YOU CHANGE INSIDE YOUR SLEEPING BAG. CLOTHES DAMP FROM SWEAT WILL DRY IF LEFT IN THE BOTTOM OF YOUR SLEEPING BAG WHILE YOU SLEEP. CHANGE BACK INTO THEM IN THE MORNING JUST BEFORE YOU GET OUT OF YOUR SLEEPING BAG

IF YOU ARE COLD PUT ON MORE CLOTHES. IF YOU HAVE ALL YOUR CLOTHES ON EXERCISE TO GET WARM, BUT BE CAREFUL NOT TO OVER-DO IT: IF YOU GET SWEATED UP YOU MAY GET A CHILL. IF YOU BEGIN SWEATING SLOW DOWN YOUR ACTIVITY OR REMOVE SOME CLOTHING. IF YOU HAVE FOLLOWED THESE INSTRUCTIONS **AND YOU CAN NOT GET WARM NOTIFY YOUR ADULT LEADERS IMMEDIATELY.**

WATCH YOUR FELLOW SCOUTS IF ANY OF THEM ARE HAVING TROUBLE KEEPING WARM, TELL A LEADER. YOU MAY SAVE A LIFE!!