

# Troop 457 Cold Weather Camping Gear List

The gear on this list is to help you prepare for cold weather camping or any other cold weather activity you wish to pursue. It is meant to be as inclusive as possible, but a few things may have been missed. You should feel comfortable substituting things listed as long as you are sure that they work for you. Remember what you want to have, are things that don't hold water and will wick moisture away from your body. This means stay away from cotton!

## Clothes:

- 2 pair long-underwear (polyester)
- 2 heavy long-sleeve shirts (polypro)
- 2 pair pants (fleece is best)
- 4 pairs of heavy wool or polyester socks
- 2 heavy wool sweater or polyester fleece
- Handkerchiefs

## Outer-Wear:

- Down jacket with warmth (one with a hood is great)
- 2 hats that provides warmth and cover ears
- 2 pair gloves or mittens that resist moisture (waterproof are best)
- Neck gaiter/scarf/balaclava etc.
- Waterproof snow pants (bibs are best)
- Waterproof insulated boots (if your boots have liners and you have an extra pair, bring them)

## Sleeping Gear:

- Winter sleeping bag (rated 0 degrees minimum)
- Insulated sleeping pad (closed cell foam is best, no air mattress!)
- Ground insulation for inside your tent (wool or fleece blanket)
- Light fleece gloves and hat to sleep in

## Personal Gear:

- Small headlamp with extra batteries
- Toilet kit with soap, hand towel, toothpaste, and toothbrush
- Insulated mug for hot chocolate and soup
- Water bottle
- Chemical hand and foot warmers
- 2-3 plastic kitchen bags for wet and/or dirty clothes or boots
- 2-3 large size plastic bags (yard size) for wet and/or dirty tents and gear

The key to having fun outdoors in the cold is staying dry! Don't make a snowball every chance you get because your hands soon will be wet and cold. Don't walk through every stream or puddle you see because even waterproof boots get wet. Change out of wet clothes immediately. Dry the wet clothes; you will likely need them later. Wool or polyester clothing is the best because it does not absorb moisture like cotton and will keep you warm when wet. Do not sleep in the clothes you wore during the day (they retain moisture). Remember, only a few individuals learn how to tackle the outdoors when it is cold. You can be one of the few with proper planning.