

## PERSONAL GEAR LIST - Cold weather

No cotton or cotton blends for clothing - read the labels! Wet cotton can lead to hypothermia. Wet wool, fleece or synthetic materials will still keep you warm when wet. Scouts with wet cotton socks are not happy campers.

- Backpack or gear bag with carrying straps
- Sleeping pad - foam, inflatable, etc.
- Sleeping bag - Rated 20 degrees colder than anticipated low temperature.
- Added blanket or fleece sleeping bag liner for cold weather
- Camp Pillow OR: stuff sack to hold soft clothes to make pillow
- Personal First Aid Kit (see below for contents)
- Personal mess kit and spork, OR: Cup, bowl, plate, utensils
- Complete set of sleeping clothes not worn during day: long underwear or sweat pants, long underwear shirt, fresh non-cotton hiking socks, wool or fleece hat, light gloves, neck warmer, balaclava, etc.
- 2nd shirt
- 2nd pair of pants
- Long underwear top and bottom
- Extra regular underwear
- 3 pairs of socks (non-cotton). Good hiking socks are worth the extra cost. Warm dry socks make all the difference in cold weather camping.
- Rain gear - always
- Winter coat/jacket
- Fleece jacket (can be layered under winter jacket during day, worn while sleeping if it's a cold night - use it for your pillow and it will be there when you need it)
- Hat or balaclava
- Scarf, neck warmer,
- Gloves or mittens (mittens are warmer)
- Class A uniform (wear while travelling to the campout)
- Scout book - protect with zip lock bag and include a pen too.
- Water bottle
- Day pack (see contents below)
- Hiking boots recently treated with silicone spray, snow seal or other waterproofing
- Spare pair of camp shoes (sneakers) if wet conditions expected
- Flashlight or headlamp
- Toothbrush and toothpaste
- Toilet paper (roll up a personal supply and put in a zip lock bag)
- Hand sanitizer
- Personal extras - frisbee, cards, book
- Camp chair
- Line your pack with a garbage bag and things will stay dry. Separate items in a few large zip loc bags and you can organize your pack and be sure things are dry too.

## DAY PACK (Things to transfer to day pack for a hike)

- Water bottle
- Snack / trail food
- Personal first aid kit\*
- Rain gear
- Hat/gloves

- Sun screen, lip balm
- Compass (optional if you don't have one yet)
- Trail map if applicable
- Pocket knife if you have tot'n chip
- Matches if you've earned Firem'n Chit

**\*PERSONAL FIRST AID KIT**

- Band-aids
- Gauze pads
- Adhesive tape
- Moleskin
- Antibiotic ointment
- Medical scissors
- Additional items optional: Burn ointment, triangle bandage, duct tape, etc.)

**PATROL GEAR**

- Tents
- "Bucket and noodle" toilet with bag liners
- Small trowel for "cat hole"
- Ground cloth for tent - very important in cold weather when ground is wet
- Small tarp to cover patrol gear
- Food and cooler
- Patrol box in troop trailer