

# Winter Camping Checklist

## Shelter

- Tent - smaller, fuller tents are warmer than larger, emptier tents.
- Waterproof ground cloth for underneath the tent
- No flames of any sort in the tent

## Clothing

- Long underwear (avoid cotton)
- Warm coat
- Sweatshirt or sweater
- Knit or fleece hat
- Warm gloves or mittens
- Complete change of clothes and underwear. Synthetics are best. Avoid jeans and other cotton clothing; the cotton absorbs water and doesn't dry easily.
- Extra socks (not cotton)
- Long-sleeve sleeping clothes
- Something to keep your neck warm is really nice to have
- Extra shoes (with laces). Boots are best, but not required. Leather shoes are good. Sneakers are COLD, they get wet easily, and they're impossible to dry before you get home.
- Extra shirt and pants. Synthetics are best. Avoid jeans and other cotton clothing; the cotton absorbs water and doesn't dry easily. Did you catch the message about avoiding cotton clothes?

## Sleeping

- Warm sleeping bag OR sleeping bag and extra blankets. Mummy bags are warmer than rectangular bags of the same rating.
- Sleeping pad – closed cell (warmest) or self-inflating (usually not quite as warm)
- Pillow

## Personal gear

- Flashlight (check the batteries and bring extra if questionable)
- Mess gear (unbreakable) – cup (that can handle hot and cold), plate or bowl (med-sized is best), spoon, fork, knife. Plastic gear is generally best. Metal mess gear tends to let food get cold quickly.
- Medicine (if needed)
- Toothbrush
- Scout handbook (for Scouts) and pen
- Folding chair (for adults)

## General tips for staying warm –

- ✓ Stay dry. That means not only staying out of the water, but taking off a layer of clothing to cool down BEFORE you start to sweat.
- ✓ Stay dry at night, too. Don't wear so much to bed that you sweat. You'll wake up cold!
- ✓ Keep your extremities and neck well-covered.
- ✓ Change into clean, dry clothes when you go to bed.
- ✓ Remember that when you're in your sleeping bag, the ground below you will be colder than the air in your tent. Having the right insulation BELOW you is extremely important.
- ✓ Put your coat over the foot of your sleeping bag when you climb in.
- ✓ Wear a knit hat to bed.