Winter Clothing and Gear Guidelines

The 10+ Essentials

1. Extra Clothing Layer(s)
2. First Aid Kit (personal)
3. Map of Area (troop will provide)
4. Sunglasses w/ strap
5. Drinking Water
6. Food/Snacks
7. Pocket Knife
8. Matches (waterproof)
9. Compass
10. Flashlight/head lamp
11. Sunscreen
12. Extra batteries
13. Mess kit (personal)

Clothing

Apply principal of layering.

First or inner layer (next to your skin) should be able to wick moisture away from your skin: regular underwear and thermal underwear made of synthetic material (polypropylene), silk, ***stay away from anything containing cotton.***

Second or middle layer(s) should provide warmth to your body (wool shirt/pants, wool sweater, polypropylene, fleece or wool vest, wool or poly hat, wool or poly socks, gloves)

Third or outer layer should be water repellant outer gear: (warm fleece or wool hat, waterproof gloves/overmitts, fleece or wool gloves/mittens, neck gaiter, quick drying or snow pants, jacket, face mask/balaclava (optional))

Bring an extra set of clothes and shoes to wear on the ride back from camping while you are in the van, car, truck/SUV so you are dry and comfortable.

Do not sleep in clothes that you have worn that day because they have moisture in them. Put on a clean pair of clothes or sleep in your underwear, socks, and cap. The best way to increase the warmth inside the sleeping bag is to wear as little as possible and use your own body heat to heat the air within the sleeping bag)

Footwear

Hiking boots or snow boots (Sorel type) which match the conditions, wool or polypropylene socks, gaiters (optional)
NO TENNIS SHOES