

TROOP 18

Winter Camping Personal Equipment List (rev. 2005)

Notes:

Waterproof all stuffsacks(coated nylon), sleeping bags (especially if sleeping in snow cave), gloves, boots, jackets
 -- use techron, Revivex, nikwax, NO Scotchgard not reliable (try new water resistant spray for fleece & let us know)

Pack sleeping bags inside a med. garbage bag inside stuff sack

Plan and pack carefully, weight is a consideration -- 25% of your body weight

Talk to the trip leader or Rattlesnake Patrol Members if you have questions

Remember -- No cotton, 'cause... **"Cotton Kills"**

Remember(2) -- "Poly fleece and Goretex is your friend"

Pack clothing & dry items in ziplock bags to keep dry (socks, underwear, etc)

Pack each day's need all together in 1 ziplock bag such as 1 pr socks, long underwear top & bottom, gloves or shirt & sweater, or another with sleep wear (need 2 & 1 gal bags)

Vital!! Drinks lots of water - 3 qts a day minimum

Class A uniform above waist for car travel

Got	Packed	ITEM	COMMENT
HEAD			
		2 Wool/Pile head cap and/or balaclava(stays on while sleeping)	
		1 Sunglasses (UV rated) or Ski goggles(mandatory vs. snow blindness)	
		1 Face mask or balaclava(optional)	
UPPER BODY			
		2 Undershirt/long underwear (polypropylene)	
		2 Medium weight shirt/sweater (wool/poly)	
		1 Heavy wool or poly pile/fleece jacket	
		1 Waterproof outside layer, or waterproof insulated jacket like goretex	
		1 Windproof shell (Optional) - helpful if snow cave digging	
HANDS			
		2 Ski gloves (waterproof or poly)	
		1 Kitchen gloves or neoprene gloves (not cotton dipped rubber) for snow cave digging	
LOWER BODY			
		1 Underwear	
		2-3 Polypropylene long underwear	
		1-2 Insulated pile/fleece pants (suggest 2nd fleece pants to sleep in) and waterproof outside layer --OR--	
		1 Ski bibb (insulated and waterproof)	
RAINWEAR			
		1 Poncho or Rainsuit (suit better - pants useful for snow cave digging)	
FEET			
		4-5 Wool or polypropylene socks	
		1 Snow Boots(waterproof and insulated) Sorel or equivalent	
		1 Gaiters (or built in elastic gaitors on snow pants) necessary	
		1 Extra pair liners for Snow Boots or back up snow boots	
SLEEPING GEAR			
		1 Synthetic or down sleeping bag (rated to ZERO or below) -- OR --	
		1 Sleeping bag rated to 20 degrees (suggest with storm collar) and add fleece liner	
		1 Thermarest or equivalent air mattress(best) or 1 closed cell foam sleeping pad -- AND next line--	
		1 Closed cell foam sleeping pad (or 2 reflective heat duct insulation 6ft sheets-bubble wrap w/ foil covers)	
		1 pillow or stuff sack for pillow (optional)	
SLEEPWEAR -- keep these dry -- bare skin loses heat & most loss is thru your head			
		wear DRY long underwear	
		dry socks or booties	
		knit cap or balaclava (better since it does not fall off)	
		polyester fleece bottoms over long underwear - suggested (optional)	
		fleece top suggested if feel cold sleeping (optional)	
		2 sleeping bag warmers by feet (optional) & cover or sock as cover - (cover makes it last longer)	

