



WINTER/SNOW CAMP EQUIPMENT LISTS, SUGGESTIONS & ADVICE

TIPS FOR OUTFITTING A FIRST TIME WINTER TRIP WITH THE TROOP OR CREW

Why do we do this? Cold weather and snow camping is a natural extension to the Scouting experience and skill development. It requires many standard skills learned from outings during the warmer seasons coupled with specific cold weather skills. These can come in handy when the unexpected happens, like the fall trip that turns exceptionally cold or it begins to snow on that late spring trip. Over the years we have had snow in mid-July and 15 degree weather in late-June. The summer of 2014 we encountered cold, sleet and rain at 9000' in early August while hiking in the South Warner Wilderness.

If this is your first trip there are a few tips to help you have as positive and fun trip.

- Drink plenty of water, at least a quart a day, more if very active. Dehydration can make the cold effects more pronounced.
- Wear sunscreen. The sun bouncing off the snow burns twice as fast, even on cloudy days at high elevations. It can burn the inside of your nose . Use sunscreen lip-balm as well. Floppy hats and ear covering hat protect ears.
- Stay dry during the day. Soaking all your clothes during snow-play will result in a cold evening. Temps fall quickly when the sun drops behind the mountains in the late afternoon.



- As a general rule do not wear cotton. Cotton absorbs water quickly and is very slow to dry. There are many hi-tec materials out there, some very expensive and it is not necessary to spend a lot on your first trip. Wool is the old standby, staying warm even when wet. Shake out water, allow to freeze and shake out ice. Fleece shares some of this ability and is sometimes easier to find than wool and easier on the pocket book. Resale shops like Goodwill are a place to find bargain items.
Gortex and similar materials are not recommended for below freezing temps. Save them for rain conditions.
- Footwear is one place you cannot scrimp too much on but, again, there are sources like Goodwill to find good condition used boots. As they outgrow clothes and shoes so fast the youth sizes show up all year long. Lace up boots are better but after-ski moonboots will suffice for simple camping outings.
- Tents are not mandated but if this is your first trip bring one large enough for a couple of people. Make sure vent it when occupied.
- For a sleeping bag you can take a couple of bags and double them up to make a cold weather sleeping system. If sleeping in the open a bivy-sack is advised.
- For sleeping pads use closed cell foam rather than *ANY* type of air inflate pad. A nice pad can be made from Mylar roll insulation available from building supply companies. (some of this material can be seen under the tent in the lower right of the above picture) 2 pads are a definite plus.
- If a wool blanket (surplus military type, for example) is available it can be spread out on the pads to add warmth, absorb bits of snow and keep the pads in place.



- If it snows any small items laid flat will be lost in just an inch of snow. A few inches will cover skis and snow shoes. A foot and your pack is gone.
- In sub-freezing weather butane stoves can be hard to use. Below 0 degrees propane can be balky. Knowing how to build and cook over a wood fire is a good skill to have as a back-up.
- Water freezes, keep you water bottles in your sleeping bags at night and on your person as needed. Make sure they don't leak. Do not put hot water in the bottles, the seals can fail. Re-used Gatorade bottles are excellent.
- Cooking in cold weather can present some challenges. Everything cools quickly, especially in metal pots and pans. Meals should be easy to prepare, like one-pot stews and pastas, and be calorie rich to aid in keeping warm. Fats, oils, nuts and whole grains create warmth through digestion action. Sugar and simple starch rich foods can provide some energy but are not long lasting. Eating a handful of nuts as you crawl off to bed can help keep you warm.
- Eating utensils should be plastic type as metal chills the food faster. Insulated cups are nice. Bowls rather than plates.
- Lighters should be carried in the pocket but they can still fail in cold weather. Carry matches as well.
- 10 essentials should be carried at all times. Nobody plans on getting lost so whatever you have in your pockets will need to do, make sure you have the basics.
- Be cautious around watercourses, springs and ponds, ice can be thin while covered with snow.

WINTER/SNOW CAMP SUGGESTED EQUIPMENT LIST

REQUIRED:		
SLEEPING BAG RATED TO AT 0 DEGREES	YOU CAN DOUBLE UP BAGS	
SLEEPING PAD	SOLID CLOSED CELL FOAM, NO AIR TYPE	
COAT W/ GOOD HOOD OR A GOOD HAT		
FLEECE OR WOOL SWEATER OR SHIRT		
SNOW PANTS	(NO LEVIS)	
SNOW BOOTS	LACE UP AND LUG SOLES PREFERRED	
4 PAIRS MITTENS AND GLOVES	WOOL, WATER-PROOFED LEATHER	
3 PAIR UNDERWEAR		
3 PAIRS OF WOOL SOCKS	NO COTTON!	
3 PAIRS OF LINER SOCKS	SILK, POLY PROPYLENE	
1 RAIN PONCHO/JACKET	IT CAN RAIN	
LONG JOHNS, POLY OR WOOL	NO COTTON! A SPARE SET IF POSSIBLE	
PLATE, UTENSILS AND A PLASTIC CUP	LABEL WITH NAME	
POCKET KNIFE, SHARPENED	CARRY	
2 WATER BOTTLES, VERY WATER-TIGHT CAPS	PLASTIC BEST, CARRY ONE ON PERSON, SLEEP WITH TO KEEP FROM FREEZING	
DAY PACK	FOR DAY TRIPS	
SUNSCREEN	30 SPF, WATERPROOF	
1 ROLL OF TOILET PAPER EACH	2 IS BETTER	
10 ESSENTIALS (WINTER VERSION)	CARRIED AT ALL TIMES	
2 PACKS WATERPROOF MATCHES		
FIRESTARTERS	3 EACH, ONE IN PACK, DURAFLAME	
YOUR FAVORITE CANDIES OR SNACK	NO WRAPPERS PREFERRED, NUTS ARE BEST	
PARACORD	100 FEET, COLORED	
9 X 12 BLUE TARP OR LARGER		
1 FLASHLIGHT, 1 HEADLAMP	USING AA OR AAA BATTES & SPARE BATTES	
TOILETRIES, SUNDRIES	SKIN LOTION, CONTACT LENS STUFF, SMALL TOWEL, SPARE GLASSES IF USED, FACIAL TISSUES, SMALL SEWING KIT	
SUNGLASSES,*GOGGLES	BOTH ARE BETTER	
BANDANNAS, 1 IN PACK, 2 SPARES	ALSO CALLED SNOT RAGS	
COMPASS	AND GPS IF YOU HAVE ONE	

WINTER/SNOW CAMP SUGGESTED EQUIPMENT LIST

OPTIONAL:	
SKIS OR SNOW SHOES	SKIS SHOULD BE WAXLESS
BINOCULARS	
CAMERA	CASE
CAMP SHOVEL	METAL WILL DO
WINDBREAKER	
ICE AXE W/COVER	
SLING CHAIR	AKA: BAG CHAIR
SMALL ROLL DUCT TAPE	
TENT	
WOOL BLANKET	MIL-SURP TYPE
HANDWARMERS	DOZEN
THERMOMOMETER	HVAC STYLE CHECKS AIR AND SNOW
DAY PACK	FOR DAY TRIPS
SNOW-PLAY STUFF	SLEDS, SAUCERS, ETC...

GROUP GEAR:	
LARGE POTS, FRYING PANS	
GROUP STOVE (G-MAN FIRE)	FOR HOT WATER, PASTA, STEWS, ETC...
COLEMAN STOVE	
LANTERN	SPARE MANTELS
PROPANE TANK	
PROPANE TREE ADAPTER	
HOSES AND ADAPTERS FOR TANK AND STOVES	CHECK COMPATIBILITY BEFORE TRAVELING
RESCUE ROPE AND CARABINERS	100'
TARPS	COVER GEAR, BUILD SHELTERS
WOOD, FIRE STARTERS	AS NEEDED
FIRE PANS FOR STOVES OR FIRES	USE COOKIE SHEETS, OIL DRIP PANS
BOW SAW, HAND AXE	AS NEEDED
HARD POINT SHOVEL	RESCUE EQUIPMENT
SNOWPROBE	RESCUE EQUIPMENT