

Winter Camping Personal Equipment List

Head:

_____ Stocking cap - 2

Upper Body:

_____ 2 Long Undershirts - polypropylene
_____ Vapor Barrier Shirt (optional)
_____ Wool/Polypropylene/Pile Shirt – medium weight
_____ Wool/Pile Sweatshirt
_____ Wind Jacket with Hood - 60/40, nylon, Gore-Tex-will double as rain jacket
_____ Winter Parka with Hood - synthetic fill, nylon or Gore-Tex outer

Hands:

_____ Gloves - insulated
_____ Wool/Synthetic/Pile Mittens

Lower Body:

_____ Underwear
_____ Long Underwear - polypropylene - light to medium
_____ Pants/bibs
_____ Overpants - insulated, synthetic fill ski pants or Carharts

Feet:

_____ Liner Socks (thin) - polypropylene - 2+ pairs
_____ Wool/Pile Socks (heavy) - 4+ pairs
_____ Boots or Mountaineering double boots + overboot
_____ Gaiters - coated nylon, large enough to fit over boots (optional)

Raingear:

_____ Rain Jacket - nylon, Gore-Tex - must fit over stacked layers
_____ Rain Pants - nylon, Gore-Tex - must fit over stacked layers
_____ Poncho may replace above

Pack & Packing:

_____ External Frame Pack
_____ Stuff Sacks of all sizes - all equipment in stuff sacks
_____ Pack Raincover

Sleeping Gear:

_____ Synthetic/Down Sleeping Bag - rated to -15 or to 0 with overbag and/or blanket liner
_____ Closed Cell Foam Pad - 1/2" (preferred) or Inflatable Pad

Shelter:

_____ Plastic or tarp
_____ Rope

Eating/Cooking Utensils:

_____ Silverware
_____ Mess Kit with cup
_____ 1 Quart Water Bottles - plastic, wide mouth

Food (individual):

_____ 1/4 - 1/2 pound meat & cheese per day
_____ 1/2 - 3/4 pound gorp per day

Miscellaneous:

_____ Scout book
_____ Flashlight - headlamp best, with lithium (best) alkaline (ok) batteries (work better in cold)
_____ Knife
_____ Matches
_____ Fire starter
_____ Personal first aid kit
_____ Belt or suspenders
_____ Bandanas - the ultimate useful item
_____ Extra Glasses, Sunglasses, Glasses Strap, Antifog
_____ Chapstick
_____ Toilet Articles
_____ Any Medications needed during trip
_____ Camera, film, books, games, paper & pen, etc. (optional)
_____ Cough drops or sour balls

Notes:

Contact lenses can be a problem!
Zipper pulls on all clothing and pack zippers.
All clothing must be clean.
Nonfreezing laces on all boots.
Defog all glasses and goggles.
Will your shell go over pile, over body?
Can you get wind/rainpants on with boots on?
Plan your pack beautifully, so that it takes as little time as possible to get anything out.
All extra clothing should be quickly accessible.