

Winter Camping Checklist and Tips

NOTE: This list augments the normal camping checklist.

Clothing (Dress in layers)

- Base (Wicking) Layer:** (next to skin) Synthetic underwear and "long johns". Ideally 2 pairs.
- Insulating (Warming) Layers:** (wool or polar fleece) vest or sweater, coat, insulated snow pants or ski pants.
 - Shirt – long sleeve synthetic or wool.
 - Sweater – pull over. Polar Fleece or wool.
 - Pants (2) – synthetic type such as BSA Switchback or similar. NO blue jeans.
- Outer (Weather) Layer (Must be waterproof).** Breathable fabrics and/or vents are desirable. At a minimum, rain coat and rain pants will work. Scotch Guard helps a little but it can wear off, so don't depend on it.
- NO COTTON.** Cotton absorbs water and perspiration, and takes a very long time to dry. When the layer next to the skin gets wet, you will get cold.
- Insulated hat/cap with brim for daytime.
- Wool cap or Benie (for sleeping)
- Balaclava – full head covering, face is open. Needed for severe wind and cold. Alternative is a scarf that can be wrapped around neck, chin, etc.
- Gloves – insulated and water proof.
- Gloves liners or thin gloves.
- Rubber gloves - thick reusable. Commercial-duty or hazardous materials gloves hold up better. Use with thin gloves or liners inside. These are used when handling snow for long periods.
- Socks – wear two pair at a time. Bring 2 – 4 extra pairs. NO cotton. Use vapor barrier method. Save newspaper plastic bags. Put on thin sock, plastic bag, insulating sock, plastic bag. You feet will sweat, then stops. This stops the insulating sock from getting wet.
- Boots- Insulated and waterproof. Snow boot work well for around camp but not for long hikes. For hiking, use an insulated, waterproof, high top boot.
- Gaiters. Wraps around top of boots to ensure that snow does not go down into boots or up pant legs.

Gear

- Sleeping bag. Synthetic (not down) 20 degree or lower rated. Down loses it insulation performance when wet.
- Sleeping bag liner (if bag is not rated to 10-15 degrees). This increases the cold rating (lowers the number) by 5 to 10 degrees.
- Sleeping pad. Closed cell foam (best) or Thermarest.
- Extra sleeping pad. 7 ft x 24 inch wide of "mylar-covered foam insulation". Found at hardware store (e.g. Orchard Supply) and sold from the roll by the foot. Also good to have a 2'x2' piece to sit on.
- Plastic tarp. 8' x 10'. Used to wrap under and over sleeping bag and pads to keep dry.
- Washcloth or sponge/small towel. Used to mop up water and melted snow in tent.
- 3-4 "trash compactor" plastic bags for keeping gear, sleeping bag, etc. dry. They are thick bags that don't easily rip.
- Sun glasses (or ski goggles) designed to block UV-A and UV-B. Side shields are desirable. Required to prevent "snow blindness". Ski goggles tend to fog up easier with heavy activities.
- Sun screen. SPF 30 or higher.
- Chapstick.
- Tent. 4 season, 2-3 person. The roof should have a "peak" on it to shed snow. It must also have a vent and a rain fly.. (troop will provide some tents as back up shelter to snow shelters).
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Stores:

Thrift stores (Goodwill), REI (Concord), Sports Basement (Walnut Creek), Any Mountain (Concord, Dublin), Campmor.com (on-line), Sierratradingpost.com(on-line), Backcountry.com (on-line).