

## Troop 38 – Personal Camping Gear List (also consult your Boy Scout Handbook)

### Personal Gear:

- Backpack or Duffel Bag
- Sleeping bag (varies based on weather/temperatures – see below)
- Sleeping pad
- Mess kit (including insulated cup)
- Head lamp or flashlight, extra batteries
- Water bottle
- Scout Handbook
- Compass
- Personal First Aid Kit (see Scout Handbook)
- Toothbrush, toothpaste, floss
- Chapstick (and sunscreen, if needed)
- Pocket knife or multitool (if you have your Totin' Chip)
- Matches (if you have your Firem'n Chit)
- Healthy snacks
- Hand/toe warmers
- Trash bags or waterproof sack for to keep gear dry

### Clothing Basics:

- Socks
- Underwear
- Shorts and/or Long Pants and Shirts
- Sneakers or Hiking Shoes/Boots
- Waterproof jacket and pants
- Dry clothes to wear to bed
- Cap or hat for sun protection

### Additional Layers for Colder Temperatures (see notes below about cotton):

- Warm socks – wool or synthetic
- Insulated winter boots – not sneakers
- Long underwear (tops and bottoms)
- Long pants and shirts
- Fleece sweatshirt or jacket
- Insulated winter jacket and snow pants
- Winter mittens or gloves (bring extras)
- Winter hat, hood, ear muffs, scarf or neck gaiter, balaclava

### Important cold weather camping information:

- For our spring and falls trips I recommend a 15-25 degree synthetic mummy sleeping. If the temperature dips below freezing I would recommend lining the inside of the bag with a fleece bag, doubling up sleeping bags and/or adding blankets. The insulation on the underside of your sleeping bag is compressed when you lay on it and provides very little insulation. It's important to have a sleeping pad that provides insulation from the cold ground.
- Cotton is rotten for cold or cool weather camping. Cotton retains moisture from sweat, rain and snow, makes you cold and takes forever to dry. Blue jeans and sweat pants are not advisable for cold weather camping. Synthetics like Cool Max and Under Armour are best for clothing next to the skin. They wick moisture away from the skin and allow it to evaporate. Wool and fleece are excellent for middle layers. Outer layer should be waterproof (and breathable like Gore-Tex or nylon).
- Layer clothing to keep warm, but not hot. Clothing can be removed or added to adjust for outside temperatures and physical activity.
- Putting clean, dry underwear (long underwear, if it's really cold) and socks on when going to bed is important. As long as you don't sweat while sleeping you can wear those the next day.
- A lot of heat is lost from the head. Bring a knit cap or a hooded sweatshirt to wear in your sleeping bag.
- Dehydration can cause hypothermia. Drink plenty of water.
- Physical activity warms you up. If you're cold, get moving.
- Eat something before bed like granola bars, trail mix, etc.