

Cold Weather Camping

Gear

- Tent (with footprint & stakes)
- Cold weather sleeping bag
- Sleeping pad
- Pillow
- Headlamps or flashlights (check batteries)
- Camp chair
- Mess kit
- Light for inside tent (check batteries) (*optional*)

Optional for extra warmth

- Fleece blanket for sleeping
- Yoga mat for under sleeping pad
- Nalgene for hot water in sleeping bag*

Day Pack (small backpack, not drawstring)

- First aid kit
- Chapstick
- Notebook/pen
- Water bottle (*that doesn't leak*)
- Pocket knife
- Sunglasses (*optional*)

Toiletries

- Wipes in a ziploc bag for freshening up
- Hand sanitizer
- Toothbrush and paste
- Deodorant
- Extra ziplocks
- Big ziplock for dirty clothes

As needed

- menstrual products
- Hairbrush
- meds

*Nalgene brand specifically can hold boiling water. We can heat water and you can use it to preheat your sleeping bag, or you can sleep with it against your feet, chest, hands, etc all night to keep warm.

Pro tip: avoid cotton. Cotton=cold scouts

Clothing

- Knit cap for daytime
- Knit cap for sleeping
- Gloves
- Spare shoes (snow boots work!)
- 2 sets of thermals (top and bottoms)
- 1 set of WARM Pajamas (*can rewear, just air them out during the day*)
- 2 Long sleeve regular shirts
- Long sleeve warm shirt (sweater, sweatshirt)
- 1 pair pants (*can just wear the pants from Friday all weekend and use these as a spare*)
- 3 sets underwear
- 6-7 pairs socks (I like to wear 2 pairs at all times and change your socks at lunch- these should be sturdy WOOL socks)
- Rain gear (*even if not raining, great to keep warm*)
- Extra layers: Fleece jackets, puffer jackets, wool layers, hoodies, etc. Snow pants are great if it's really cold.

*When you get ready for bed- **CHANGE EVERYTHING**. If it touches your skin, change it. You will sweat and shed oil during the day which will freeze at night and make you cold. Underwear, socks, base layers. You can sleep in tomorrow's thermals, underwear, and socks.

In the morning:

Put on 2 pairs of socks, thermals, then pants and long sleeve shirt, then long sleeve warm shirt. Then any layers you want.

*Can re-use all layers that don't touch your skin each day (shirts, hoodies, fleece, etc)

***Don't wear a winter coat during the day.** Layer hoodies and fleece with rain gear instead. Winter coat is for morning and when it gets close to sunset. Keep warm with all your other layers instead during the warmer parts of the day.

***USE THE BATHROOM BEFORE BED.** A full bladder will make you more cold.

TRAVEL IN: Thermals, Class A, winter coat, hiking boots.