

## Winter Camping Information

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### **Sleeping Bag**

- Synthetic/down bag rated to 0°
- \_ “closed cell foam sleeping pad



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### **Clothing**

- Thick layers: no cotton



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### **Head**

- Pile balaclava, neck up
- Facemask
- Knit winter hat covers ears
- Ski goggles

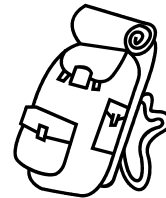


## **From Conway NH scouts**

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### **Hands**

- Glove Liners – polypropylene, pile or wool
- Waterproof glove shell.
- Two pair. Wool/Synthetic/Pile insulated mittens
- Waterproof mitten shells



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### **Feet**

- Thin polypro liner socks – two pair.
- Down or polyester booties for tent/sleeping
- Wool/synthetic Pile Socks (heavy) - 4 pairs
- Gaiters
- Waterproof, winter boots- felt lined packs





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## ***Upper body***

- 2 long undershirts – polypro
- Wool/polypro/pile shirt – med. weight
- Wool/pile sweater or jacket – heavy weight
- Wind Jacket with Hood - 60/40, Gore-Tex
- Insulated winter parka with hood
- Lower body
- Underwear
- Two pair long underwear - polypro - light to med.
- Insulating Wool/Pile Pants –heavy
- Waterproof Snow Pants - double as rain pants



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## ***Misc***

- Hot drink cup, spoon
- Stuff sacks – assorted sizes
- Watch, camera, playing cards
- Toothbrush, Chap Stick, sunscreen

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## ***Tips***

- Zip pulls on clothing and packs
- Idiot strings on mitts
- No freeze laces on boots
- Stay dry: vent body heat, don't roll in snow
- No Fog for goggles and glasses
- Adjust snowshoes, pole straps at home
  
- Will your parka fit over a pile layer?

All from [conwayscouts.blogspot.com/](http://conwayscouts.blogspot.com/)

