



Clothing	S - W	Qty.
Underwear	B	
Short-sleeve shirt	S	
T-shirt	S	
Long-sleeve shirt	W	
Wool shirt	W	
Socks	B	
Long pants	B	
Short pants	S	
Sweater or warm jacket	B	
Sweat shirt (hooded)	W	
Long underwear	W	
Pajamas	B	
Heavy coat & parka w/hood	W	
Rain coat or poncho	B	
Hiking boots	B	
Running shoes or moccasins	B	
Stocking cap	W	
Cap with brim for shade	S	
Bandannas	B	
Gloves or mittens <i>and</i> extra gloves	W	

Equipment	S / W	Qty.
Pack or duffel bag	B	
Scout handbook	B	
Notebook & pencil or pen	B	
Sleeping bag	B	
Extra sleeping bag	W	
Wool blankets	W	
Sleeping pad	B	
Ground plastic	W	
Tent (or use a Troop tent)	B	
Lawn chair (see Scoutmaster)	B	
Eating utensils	B	
Plate	B	
Cup	B	
Insulated cup	W	
Water bottle	B	

The Three “W’s” of Winter Clothing

1. Wicking

1st layer must be an absorbent type of clothing. Polyester is the best choice. It absorbs the best and dries quickly. Cotton is okay, but dries very slowly.

2. Warm

This is the 2nd layer. It is usually of a wool based clothing. Fleece is also good.

This layer must keep the warmth of your body in. You can have multiple layers of warm clothing.

3. Wind

This is the 3rd and outermost layer. It must be of a nylon based material to keep the wind out. The wind can take away up to 50% of your body heat. It must be as water proof as possible. If the warm layer gets wet, **you will be cold.**

Tips

- At night you must change all your clothes, including your underwear !!!!
- Sleep in a pair of long pant, long sleeve pajamas. Only use them for sleeping.
- Use 2 sleeping bags. Use multiple layer pads under your sleeping bag. This keeps you insulated from the cold ground.
- Sleep in as small of a tent as possible. This keeps as much of the warm air in.
- Wear 2 pair of socks. 1st a cotton or polyester type and 2nd a wool blend. Make sure to wear warm boots, insulated if possible.

Boy Scout Motto: BE PREPARED

Equipment continued . . .	S / W	Qty.
Watch	B	
Soap	B	
Toothbrush & toothpaste	B	
Comb	B	
Wash cloth & towel	B	
Insect repellent	S	
Sun block	S	
Sunglasses	B	
Swimsuit	S	
* Hiking (walking) stick	B	
* Cot	S	
* Camera & film	B	
* Bible	B	
* Animal books	B	
* = OPTIONAL (do not have to be brought each time)		