

Troop 22 Polar Bear/Winter Camping Checklist

Clothing

	Stocking Cap - wool will keep you warmer
	Snow Boots, Muck Boots, or Waterproof Hikers. NO TENNIS SHOES! Recommend you bring multiple pairs in case one gets wet!
	Non-synthetic Long Pants - Synthetic clothing melts if you get too close to a camp fire, it is a good idea to never wear synthetic clothing camping
	Thermal Base Layer - dress in layers! You will stay warmer with layers and can remove or add layers as needed.
	Coat, Cover-alls, Bibs (Non-Synthetic)
	Socks, socks and more socks... (Polypropeline Liner and Wool Outer) Bring plenty! Wet feet are cold, blistered feet! Polypropeline socks wick moisture away from foot, wool socks insulate even when wet.
	Gloves - bring a backup pair, wet gloves mean cold hands!
	Long Sleeve Shirts for Layering
	Sleeping Clothes appropriate for the sleeping bag you have
	Underwear

Personal Gear

	Backpack, Tote or Bag for personal gear and clothing. Think of distance you must travel on foot to campsite for appropriate pack. An internal or external frame pack is always recommended for gear because ease of carry.
	Cup, Mess Kit with Utensils
	Scout Book with pen
	Insulated Water Bottle
	Flashlight
	Sunscreen
	Toothbrush and Toothpaste
	Zip-Lock Bags for Wet Items
	Small First Aid Kit
	Toilet Kit
	Sleeping Bag Rated For 0° F or lower temperatures. You can even nest multiple sleeping bags for extra warmth if you want to carry them. At least one bag should be 0° rated.
	Insulated Sleeping Pad. Do not bring a cot unless insulated.
	Healthy Personal Snacks
	Any additional items such as compass, books, camera, etc.