

Cold Weather Packing List

SLEEPING GEAR

Sleeping bag 20 degrees

wool blanket as sleeve for a sleeping bag or synthetic bag liners

extra sleeping bag overbag

extra bag and liners will increase warmth factor

2-3 foam pad- closed foam (mylar bubble wrap found at home depot)

insulate from cold ground

sportsman space blanket (found at REI)

Sportsman's Space Blanket can be found at REI 5.6x7 12oz nylon reinforced plastic blanket with a foil layer on one side and colored layer on the other...returning 80% of the covered person's heat.

small pillow

night cap – ski cap ,fleece, in extreme conditions, face mask or a scarf

night clothes – middle or heavyweight thermal underwear, add a fleece outfit to cover it in extreme conditions

fresh polypro socks and either very thick (but not tight) socks or insulated “booties

remove all the clothing you were wearing during the day-they are wet

garbage bag for storing boots inside tent

DAYTIME WEAR

NO SNEAKERS – OR OTHER POROUS SHOES

Hiking boots – for cold weather should be oversized to fit extra socks. BOOTS SHOULD NOT BE TIGHT this will constrict circulation and cause feet to get cold.

Lightweight day pack

10 Essentials

- ___ Pocketknife (when you complete Totin' Chip training)
- ___ First aid kit
- ___ Extra clothing
- ___ Rain gear
- ___ Water bottle (1 liter)
- ___ Flashlight or headlamp
- ___ Trail food
- ___ Matches/Fire starter (when you complete Firem'n Chit training)
- ___ Sun protection
- ___ Map and compass

Insulated boots, or good quality – oversize hiking boots - *if you know you will be in wet, muddy conditions, a second pair of boots or rubber over-boots are needed. If your boots get wet, your feet will get very cold, and frostbite becomes a real danger.*

2-3 sets of light to medium weight synthetic thermal underwear.

2-3 pairs of polypro socks

2-3 pairs of thick wool or wool blend socks

1 pair of insulated snow pants, or 2 pair of thick pants (like German Army wool pants) Avoid cotton pants(like blue jeans)

2-3 synthetic T-shirts, (preferably long sleeve)

2-3 pair of underwear (preferably synthetic)

Medium or heavy weight fleece or sweater

Good winter coat, slightly oversized preferred, preferably wind and rain resistant (should not be too thick)
if winter coat does not have hood, a balaclava (synthetic)

Light - heavyweight headband

Pullover hat, thick fleece

Facemask / scarf
if conditions become extreme

Goggle or wraparound sunglasses with clear or lightly tinted lenses
if snow is expected dark glasses for snowblindness protection

Oversized rain suit – *to fit over winter clothes*

2 pair of liner gloves

2 pair of oversized insulated gloves or mittens

Pair of waterproof shell gloves or oversized latex dish gloves

Belt

Small towel

EATING GEAR

Bowl, spoon, cup (should be plastic, avoid metal it steals heat)
1-liter water bottle; 2 liter is better (winter weather is dehydrating)

OTHER INFORMATION

MATERIALS

WOOL - retains warmth even when wet. (Merino wool is not scratchy.)

SILK - does not absorb water and draws perspiration away from the skin.

SYNTHETICS - act like silk and can be treated to repel water.

Choose loose knit fabric for base and mid layers. It traps air, which helps maintain body heat.