

Winter Backpacking List

Individual Check List:

1. Back pack
2. Pack cover and/or large garbage bag
3. Sleeping Bag - Rated to 20 degrees or lower. (A liner increase heat)
4. Backpacking tent or fly
5. Foot print or ground cloth
6. Tent poles and stakes
7. Hiking Poles
8. Sleeping pad - Used for warmth underneath. Closed cell type
9. Two water bottles; no platypus on cold trips)
10. Rain clothing - Staying dry in cold weather is a must! Nylon garments will do; Gore-tex is even better
11. Fire Starters & lighter
12. Pen light or headlamp
10. Cooking pot, Spoon or Fork
11. Aluminum foil for lining cooking pot
12. Soap/Brillo pad
13. Toilet paper
14. Whistle (For emergency)
15. Compass
16. Zip Lock bags
17. Toothbrush and paste
18. Chapstick - carmac

Troop Gear

1. Water filtration pumps
2. Iodine tablets as a backup
3. Stove & fuel
4. 100 feet of rope to hang food bag between trees (Bears, Coyotes, & Wolves)
5. One GPS if possible
6. Light Folding Saw
7. First aid kit
8. Trowel
9. Map
10. Large pot to heat water

CLOTHING:

Synthetic clothing (No cotton!, cotton kills when wet) - Clothing should be layered. Example below:

1. Tosell cap or toboggan
2. Gloves - synthetic (poly)
3. Hiking Boots
4. Thick Wool socks & extra pair
5. Sock Liners (2 pairs)
6. Nylon outer pants (No cotton)
7. Long underwear shirt and pants - synthetic (poly)
8. Fleece middle layer pants and shirt
9. Nylon shell coat for wind or Gore-tex Parka
10. Neck warmer

FOOD:

You are individually responsible for bringing 2 breakfasts, 3 lunches, and snacks.

Breakfast (Ideas):

1. Hot chocolate, Coffee or Tea
2. Hot cereal, oatmeal, grits
3. Cereal Bars
4. Dried Fruit

Lunch (ideas):

1. Beef Jerky or Slim Jim
2. Canned Cheese (Cheese Whiz)
3. Crackers
4. Dried Fruit
5. Trail Mix (Nuts, Raisins, and/or GORP)
6. Ramen Noodles
7. Chicken-Tuna in a Pouch

Dinner meals are planned by teams.

Keep meals simple because doing dishes in the winter is miserable. We will most likely want to keep on the move to keep warm.