

## Cool weather backpacking list

Please no cotton clothing.

Fleece or wool hat

Fleece, wool, or other gloves/ mittens

Fleece or polypropylene long johns (depending on temps and if slept in)

Fleece shirt

Nylon, Dacron or other synthetic pants (wind pants, zip offs, etc. No jeans)

Insulated jacket of some sort (warm but not too heavy or bulky).

Footwear

Boots- waterproof or water repellent, above the ankle preferred. Boots made of untreated leather will tend to get very wet.

Merino wool socks (Smartwool, Thorlos, Wigwam) 2 pair. Also synthetic liner socks if desired.

Rainwear

Good quality nylon rain jacket and pants, or nylon poncho and rain pants. No plastic ponchos! They fall apart the first mile! No windbreakers to be used as raingear- they aren't waterproof.

Sleeping bag and pad

Sleeping bag- Down or synthetic. Examples of synthetics include Polarguard 3D or Primaloft; other cheaper, less stuff able synthetics include Polarguard, Hollofil and Quallofil. Should be rated to 20- 30\* (note: ratings vary widely in accuracy). Carry your bag in a waterproof plastic garbage bag or stuff sack in case of rain to keep it dry.

Sleeping pad- light closed cell foam or self inflating foam pad (warning- these can get very heavy!) Most Scouts only need the lightweight closed cell pad. These are sold at Target, Sports Authority, K Mart, Dicks and Campmor. Sometimes they are sold as lightweight exercise mats and should cost around \$10. They can be cut to 4' long to save weight. You don't need it under your legs as you can put your empty pack there. No air mattresses in winter- they will pull the heat from your body.

Don't forget other required camping items (not necessarily a complete list)

Headlamp or flashlight

Personal first aid kit (in ziplock)

Backpack

Tent or tarp (buddy up and split the weight of a two man tent)

Folding knife

Plastic water bottle (canteen, nalgene or Poland Spring bottle)

Cook kit- stove, pot, cup, utensils, empty mini Poland Spring bottle for alcohol if needed

Toothpaste, toothbrush, small hand sanitizer, liquid soap in a small bottle (in ziplock), bandana

Toilet paper and small hand sanitizer(in ziplock)

Food repackaged to individual servings in 1 qt ziplocks, all together in a one gallon zip lock with 2 extra gallon size zip locks for double bagging garbage. All gallon zip locks to have Scout's name on them in indelible marker.

Trail snacks (in ziplock)

Other optional items

Watch

Camera

Sunglasses, sunblock, lip balm

Don't bring-

Extra pants, cast iron radiators, MP3 players, cell phones, boat anchors, cotton clothing, steel I beams, canned food, spent nuclear fuel rods.