



## AL-1111 Gear Checklist - Cold Weather Camping

### Essentials

- △ Trail Life Handbook
- △ Sleeping bag (Synthetic/Down Bag - rated at least to 0 or to 0 with second bag or liner)
- △ Sleeping pad (closed foam or air filled)
- △ Personal tarp
- △ Wool blanket (for sleep system layering)
- △ Personal First-aid kit
- △ Water bottles - 2 (One quart plastic, wide mouth, non-leaking, freezable).
- △ Flash light or headlamp with spare batteries (have 2 light sources)
- △ Pocketknife or multi-tool (Only if you have earned your Totin' Chip)
- △ Matches, matchless fire starter (Only if you have earned your Fireman Chit)
- △ Emergency blanket (Space blanket type)
- △ Sun protection
- △ Chapstick
- △ Compass
- △ Whistle (Pea-less)
- △ Rope - 30' paracord size
- △ Rope - 6' for knot practice
- △ Notebook, pen or pencil
- △ Day pack for day hike
- △ Trash bags to cover gear if it rains
- △ Prescription medication in labeled containers

### Personal Hygiene

- △ Toothbrush, Toothpaste
- △ Soap
- △ Small Towel
- △ T.P (Toilet Paper-always have a small roll with you in a waterproof baggy)
- △ A small trowel for digging a latrine

### Cooking and Eating Utensils

- △ Fork, Spoon, Knife (Plastic)
- △ Cup or Insulated Mug
- △ Personal mess kit

### Optional Extras

- △ Bible
- △ Work Gloves (for service projects)
- △ Small Pillow
- △ Watch

### **Community gear provided by troop leadership:**

- △ Tents, cook pots, stoves, wash bins

### Clothing (see clothing specifics below)

## **CLOTHING SPECIFICS - Winter Camping Personal Equipment List**

-Have at least two sets of each item unless noted otherwise, for when you get wet or sweaty.

A clean, dry change of Wicking/Warmth layers are required for a warm night's sleep.

### **Head:**

\_\_\_ Wool/fleece balaclava or beanie for day use

\_\_\_ Silk/synthetic balaclava or beanie and neck gaiter for sleeping

### **Upper Body:**

\_\_\_ Long undershirt – polypropylene wicking layer

\_\_\_ Wool/polypropylene/fleece shirt - medium weight

\_\_\_ Wool/ fleece sweater or jacket - heavy weight

\_\_\_ Wind jacket with hood - 60/40, nylon, Goretex-will double as rain jacket

\_\_\_ Winter parka with hood - synthetic fill, nylon or Gore-tex outer

### **Shell Layer:**

\_\_\_ Waterproof/breathable jacket - nylon, Goretex - must fit over stacked layers

\_\_\_ Rain pants - nylon, Goretex - must fit over stacked layers

### **Hands:**

\_\_\_ Glove liners - synthetic, polypropylene

\_\_\_ Wool gloves/snow gloves or mittens

### **Lower Body:**

\_\_\_ Underwear

\_\_\_ Long underwear - polypropylene - light to medium

\_\_\_ Wool/pile pants/bibs or knickers - heavy

\_\_\_ Overpants - insulated, synthetic fill ski pants (optional)

### **Feet:**

\_\_\_ Liner socks (thin) - polypropylene - 2+ pairs

\_\_\_ Wool/pile Socks (heavy) - 4+ pairs

\_\_\_ Snow boots (Sorel type, with removable liner)

\_\_\_ Snow gaiters

FYI, the **ten essentials** should be with you in your pack on every outing. These essentials are listed in your Trail Life handbook and will allow a trailman to survive in the outdoors in most emergency situations.

1. \_\_\_ Pocketknife (w/ Woodsman Award)
2. \_\_\_ First aid kit
3. \_\_\_ Extra clothing
4. \_\_\_ Rain gear
5. \_\_\_ Water bottle (1 liter)
6. \_\_\_ Flashlight or headlamp
7. \_\_\_ Trail food
8. \_\_\_ Matches/Fire starter (w/ Firegaurd Award)
9. \_\_\_ Sun protection
10. \_\_\_ Map and compass