

# REQUIRED EQUIPMENT FOR ONE-NIGHT WINTER BACKPACKING TRIP

## Camping Gear

**Frame backpack** (properly fitted), interior frame is more compact, exterior frame is more versatile

**Waterproof backpack cover**

**Large plastic bags** to keep belongings dry

**Sleeping bag** – appropriate for the conditions. Generally need a 0°F bag (or better), new synthetic fibers generally better than goose down

**Sleeping pad** – self-inflating air mat (e.g., Therm-A-Rest) or closed cell pad

**Rope** (strong cord, nylon, 20 feet)

**Extra plastic bags** for garbage

**Tent and ground cloth** – personal or troop-owned, or

**Light weight tarp and ground cloth instead of a tent**

## Personal Equipment

**Personal first aid kit** (small) and personal medications

**Soap, towel, tooth brush and paste**

**Flashlight** (with extra batteries) – may prefer head lamp and also tent lamp

**Fire-starting materials** (waterproof matches, flint & steel, lighter, tinder, fire starters)

**Pocket knife** (e.g. Swiss Army-type)

**Watch**

**Toilet paper** (small roll in Ziploc plastic bag)

**Compass**

## Food/water/eating utensils

**Bowl** (Large, light and unbreakable)

**Soup Spoon** (with a string tied through a hole in handle)

**Drinking Cup** (Large, light and unbreakable)

**Two quarts water** - in lightweight unbreakable containers

**Food as directed**, generally two lunches and a breakfast, plus trail food/snacks), nutritious, no junk food, no glass jars

## Clothing

**Coat** - good winter fleece-lined with water-proof shell

**Inner shirt** – wool or synthetic fleece

**Fleece pants and waterproof** (e.g. GoreTex) **outer pants**

**Polypropylene underwear** – tops and bottoms, e.g., UnderArmor, PolarTec, - no COTTON ARTICLES IN WINTER

**Hat** (appropriate for the conditions), preferably wool knit hat

**Gloves**, as appropriate – e.g., heavy waterproof (GoreTex®) gloves with removable liners, or mittens or lighter wool gloves (NO COTTON)

**Socks** – preferably 1 pair of thin polypropylene or silk socks plus one pair of heavy wool socks (bring 2 pr. of socks per day) (NO COTTON)

**Rain gear** if winter clothing is not waterproof (hat, jacket, pants must fit over outer clothing)

**Winter Footwear** (waterproof, heavy and warm for winter, generally rated -25°F)

**Gaiters**, especially in snow

**Snow shoes and/or crampons** (10-point), depending on the conditions

## Optional

**Treking poles**, ski poles or walking stick

**Camera**

**Bivy sack** (optional) – this will keep your sleeping bag clean and dry if sleeping out under the stars

## Troop Gear

**Plastic trowel or camp shovel**

**Pack saws** (at least one per patrol)

**Tents and ground cloths** (fitted to tent)

**Tarps and ropes** – light weight

**Pots and lids** as appropriate

**Chain & hook** for cooking tripod

**Community food** as planned

**Water purification system**

**Maps in Ziploc bags**

**Backpacking stoves and ample fuel**

**Collapsible water containers** (ca. 3 gal)

**Extra Toilet paper and garbage bags**

**Keep all of it watertight & light!!!! No extras**