



# Winter Packing List



## CLOTHING

- Felt-lined boots-waterproof
- 1-2 Changes Underwear
- 2 Pair Long Underwear  
Synthetic are best - Under Armour
- 2 Pair Outer Socks  
Wool Best
- 2 Pair Liner Socks
- 2 Pair Long Pants  
Wool or Synthetic Best
- 2 Long Sleeve Shirts
- Nylon Snow Pants
- Sweater/Hoodie
- Warm Coat
- Scarf, Turtleneck, or Dickie
- Stocking Cap and/or Balacava
- Extra Stocking Cap  
For Sleeping
- 1 Pair Gloves or Mittens
- 1 Pair Gloves Backup
- Clothes for Digging Snow Cave

## OVERNIGHT GEAR

- Sleeping Bag  
Rated 0 Degrees
- Extra Sleeping Bag, Liner, or Blanket
- Ground Pad
- Flashlight/Head Lamp



## EQUIPMENT

- Water Bottle
- Tarp
- Cardboard  
Helps to insulate from snow
- Shovels –Scoop & Avalanche
- Plastic Garbage Bags

## OTHER

- Hand/Feet Warmers
- Competition Assignment
- Zip Lock Bags
- Foam Pad
- Knee Pads  
For digging snow cave
- Personal Medications

**As a general rule if you stay dry - you can stay warm. If you are prepared, you will not get cold and you will have fun!**

\*Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture and your clothes hold it in. By changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wear wool socks and long underwear. Do NOT breathe into your sleeping bag – you will get wet and cold.

\*Wear a stocking cap to bed, even if you have a mummy bag.

\*Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.

\*Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night. The same goes for you gloves.

\*Dehydration can help cause hypothermia. Drink 2-3 liters of water during the day. More if digging a snow cave.

\*Layering is important. If you start to sweat take off layers. Adjust your layers to your comfort. Synthetics such as Under Armour are great to wick moisture away and are light weight.

**SCOUT ON!**