

## WINTER CAMP PACKING LIST

Temperatures have known to go as low as 20 below zero up at camp! Please be prepared for the cold by following this packing list and tips on how to dress for the cold.

- Layering is important! Start out with light or mid-weight long underwear. Your second layer should be an insulating layer. Your top layer should be a weather resisting shell. Don't forget about socks, mittens, and hats.
- Stay away from cotton!!! When cotton is wet, it has no insulating value. Polyester or wool are the best materials to use
- Always pack extras of everything in case something becomes wet.

Wear the following up to camp:

- Long Underwear (Tops and Bottoms)
- Liner Socks
- Heavy wool or synthetic socks
- Fleece or wool pants (Sweat pants can be substituted)
- A fleece, wool, or down sweater
- A weather resistant jacket
- Hat, the also covers the ears
- Mittens or gloves
- Waterproof boots

Other gear:

0° Sleeping Bag*	Sleeping Pad	Waterproof boots
Extra socks	Snow pants	Extra Pants
Extra sweaters	Spare gloves and hat	Spare boots
Extra Long Underwear	Flashlight w/extra batteries	Personal First Aid kit
Pocket Knife	Regular Underwear	Toiletries
Matches	Poncho/Rain gear	Towel

\* If you do not have a 0° sleeping bag, adding blankets or a fleece liner to a summer bag can make the bag warmer.

Optional items may include, sled, ice skates, hockey stick, hand warmers, toe warmers, energy food, gaiters, balaclava, and ski goggles.

### **DO NOT BRING THE FOLLOWING ITEMS:**

**Blue jeans, sneakers, glass bottles, or electronic equipment**