

## Winter Klondike Camp out Checklist

### 1. Tips to dress and stay warm:

- Dress in Layers
- 1. Feet - Thermal boots (not work boots or boots with steel plates), polypropylene sock (or other similar sock to wick moisture away from feet), outer sock (wool or other insulator)
- 2. Legs - underwear, thermal underwear, pants (insulator), wind pants (to block wind and moisture)
- 3. Torso - T-shirt/undershirt, long sleeved shirt, sweatshirt (preferably with hood), thermal coat (should have a hood & drawstrings/seal on arms and waist to keep out the cold, and be water & wind resistant)
- 4. Face - hoods, scarf, and winter hat or ski mask
- 5. Hands - thin liner gloves & thermal outer gloves (should be water & wind resistant). Mittens allow you to consolidate heat more effectively, but greatly limit manual dexterity.
- Seal seams - It is important to keep moisture and cold air out by sealing seams in your layers. If you have windpants as your outer layer, they will typically have elastic on the bottom which create a good seal over your boot, if not you can purchase gators or use Ace Bandage. If you coat has drawstrings/elastic/velco use them to seal your coat on top of your other layers
- Bring your clothes for the next day into the tent with you. Placing them in the bottom of your sleeping bag for the night will ensure that they are warm in the morning (changing into cold clothes will make it harder to conserve heat, and be very uncomfortable).
- Thermal winter sleeping bag (mummy bag is best)
- 6. If you do not have a warm sleeping bag you can place one bag inside of another
- 7. **NO** air mattresses or cots!!! (allows cold air to circulate under you)
- 8. Thermal or foam pad is a must (the cold ground will leach heat away from you). Full length pad is best to keep head and feet off the ground. Some pads are open celled foam and will absorb moisture, this can be prevented by placing a tarp/plastic under your pad (see one of the older scouts for a description of closed/open celled foam).
- 9. Do **NOT** cover your mouth and breath into the bag! The resulting condensation will make you very cold & wet.
- 10. If you do not have a mummy bag, you can make a bag liner out of a flannel sheet and wear a hat.
- Stay warm and dry
- 11. No rolling in snow, snow ball fights, or hazing
- 12. Keep moving - staying active will help you to stay warm
- 13. Avoid strong winds, if inactive find shelter from the wind
- 14. To keep extremities warm wiggle toes & fingers, and pump fists
- 15. Pack clothes in ziplock bags
- 16. Seal gaps in clothing

## 2. Checklist

- Scout Handbook ~ in ziplock bag!
  - Thermal Mummy bag, full length pad, & flannel liner
  - Rain Poncho/Coat
  - Thermal gloves with inner gloves
  - Layered socks & underwear (two sets and long if possible)
  - Thermal boots that can be sealed (elastic pants/ace bandage/gators)
  - Pants & shirts (2 each)
  - Hooded sweat shirt (or sweater) & sweat pants
  - Ski mask, turtleneck/dickey, and scarf
  - Thermal Coat (should come past your waist, have a hood, and some way to seal waist and arms)
  - Backpack or duffle type bag with shoulder strap(s)
  - Toiletries - motel/sample sizes of soap, toothpaste, floss, depleted roll of toilet paper, & toothbrush (avoid scented products).
  - Plate & cup/bowl, and utensil set ~ Sierra Cup replaces cup, bowl, and plate (No food in tents)
  - Towel - in ziplock bag
  - Flashlight with extra batteries and bulb, keep warm if possible (also plastic flashlights are better for winter camping than metal ones)
  - Chapstick, tissue, and sun glasses
  - Required Medications (*Advise Scout Leader!!!*)
  - Water bottle, sealed energy bar(s), and handwarmers
  - First Aid kit (each scout is required to make his own for rank)
  - Compass - silva type, not compact or military
  - Garbage bags - at least one each, kitchen and leaf bags
  - Two lengths/packages of rope
  - Lightweight activity: deck of cards, book, game, etc. **No electronic games!!!**
  - Pocket knife (totin chip required), water proofed matches, and fire starter/tinder
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