

# The Scout motto is **BE PREPARED**

## ***Questions to ask when as you prepare for a camping trip.***

Where am I going?	For how long?
How will I get there?	What is the weather forecast?
What will I eat?	How will I get water?
Where will I sleep?	Are there toilets or a latrine?
What activities will I do during the trip?	

## ***To prepare for an overnight camping trip you should think about the questions above then tailor your choices listed below for the trip.***

### **Clothing:**

Socks, underwear, long-johns, pajamas	Pants, shorts, tee-shirts, long-sleeve shirts
Fleece jacket, fleece vest	Down vest, down jacket
Rain or snow jacket / pants	Hat, gloves (mittens), baseball cap
Waterproof boots, sock liners	Sneakers or camp shoes

### **Other items**

Toothbrush, toothpaste	Soap, shampoo, towel, comb
Toilet paper, hand sanitizer	Medication (allergies)
Sunscreen, bug repellent	Headlamp or flashlight
Camp seat	Whistle
Personal first aid kit	Pocket knife, compass, map
Matches, fire starter	Backpack, daypack
Cat hole shovel	Ear plugs

### **Shelter:**

Tent, fly, and ground cloth	Sleeping pad
Sleeping bag (appropriate temperature rating)	

### **Eating:**

Plate, bowl, cup, water bottles	Fork, knife and spoon
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### **Cooking:**

Stove, fuel, table, grill, matches	Pots, pans, utensils
Wash bins, detergent, water jugs, sponge	Cooler, trash bags, paper towels
Tarp (shelter) and rope	Water filter, purification tablets

**Food:** Breakfast, lunch, dinner, dessert, snacks, trail mix.

**Additional items:** Bike, bike helmet, bike water bottle, day-pack, beach towel, bathing suit, cash, sunglasses, rope, paracord

# The Scout motto is **BE PREPARED**

## ***To prepare for a one-night winter (Dalton Freezeout) camping trip***

- Check the weather forecast in the area.
- Note that you need extra clothes because you will get wet from sweating and need to change into dry clothes.
- When moving around camp you will be warm, but when you stop to eat or take a break you'll need more layers.
- You should assume that the road to Dalton camp is snowed-in and you will need to carry your gear (including crew gear) to camp

## **Gear**

Duffel bag or backpack to carry your gear

Mess kit, 1 Nalgene wide mouth water bottle

Personal first aid kit, compass, map, signal whistle, signal mirror

Headlamp and extra batteries (expensive Lithium cells work better in cold)

Matches and fire starters

Knife

Winter mummy-style sleeping bag rated to expected temperature. Also recommend bringing your non-winter bag and place inside your winter bag for extra warmth.

Closed-cell foam sleeping pad and camp pillow

Toiletries (hand sanitizer, small roll of toilet paper, toothbrush, toothpaste, backpacking towel, camp suds)

Snowshoes and/or cross-country skis (optional)

Hiking poles (optional)

## **Clothing - absolutely no cotton!**

2-3 pair wool socks

1-2 pair synthetic underwear

1-2 synthetic tee shirts (like our synthetic class B shirts)

1-2 pair synthetic or wool long-johns (top and bottom)

1 snow pants or rain pants

1 outer waterproof shell or winter jacket

1 synthetic hiking pants

2 fleece tops (layers) or wool sweaters

1 down vest or puffy down jacket

2 hats (one for day, one for sleeping)

2-3 pairs gloves/mittens (they will get wet)

1 neck warmer

Hiking boots and/or snow boots (it's a good idea to have both in case your feet get wet)

Micro spikes and gaiters for boots (optional)

Sunglasses and/or goggles

Sleeping clothes

# The Scout motto is **BE PREPARED**

## ***To prepare for a two-night winter (White Mountains) backpacking trip***

- Check the weather forecast in the area.
- Note that you need extra clothes because you will get wet from sweating and need to change into dry clothes.
- When hiking you will be warm, but when you stop to eat or take a break you'll need more layers. You'll get cold in about 3 minutes! That's why you need extra clothes listed below!
- Wear sunglasses/goggles to protect eyes from sun and wind swept snow
- The beds in huts contain frozen solid mattresses--bring your foam pad for warmth.

## **Gear**

60-80 liter backpack, Day pack (optional, for side hikes)

Snowshoes (optional, mandatory depending on weather forecast and type of trip)

Mess kit, 2 Nalgene wide mouth water bottles

Hiking poles (optional)

Personal first aid kit, compass, map, signal whistle, signal mirror

Headlamp and extra batteries (expensive Lithium cells work better in cold)

Matches and fire starters

Knife

Granola bars, energy bars, nuts (for on trail) - you need MORE calories when hiking in cold  
Winter mummy-style sleeping bag rated to expected temperature. Also recommend bringing your non-winter bag and place inside your winter bag for extra warmth.

Closed-cell foam sleeping pad and hiking pillow

Toiletries (hand sanitizer, small roll of toilet paper, toothbrush, toothpaste, backpacking towel, camp suds)

## **Clothing - absolutely no cotton!**

4-5 pair wool socks and 2-3 pair sock liners (thin liners worn with outer socks reduce blisters)

3-4 pair synthetic underwear

2 synthetic tee shirts (like our synthetic class B shirts)

2 pair synthetic or wool long-johns (top and bottom)

1 snow pants or rain pants

1 outer waterproof shell or winter jacket

1 synthetic hiking pants

2 fleece tops (layers) or wool sweaters

1 down vest or puffy down jacket

2 hats

2-3 pairs gloves/mittens

1 neck warmer

Hiking boots or snow boots (provided you can hike for miles in them)

Micro spikes for boots, gaiters are also recommended if you have them

Sunglasses and/or goggles

Sleeping clothes

Slippers, booties, or sneakers for lodge (you won't want to wear your cold wet boots)

# The Scout motto is **BE PREPARED**

## ***To prepare for a winter (White Mountains) day hike***

- Check the weather forecast in the area.
- Note that you need extra clothes because you will get wet from sweating and need to change into dry clothes.
- When hiking you will be warm, but when you stop to eat or take a break you'll need more layers. You'll get cold in 3 minutes! That's why you need extra clothes listed below!
- Wear sunglasses/goggles to protect eyes from sun and wind swept snow

## **Gear**

Day pack

Mess kit, 2 Nalgene wide mouth water bottles

Snowshoes (optional, mandatory depending on weather forecast and type of trip)

Hiking poles (optional)

Personal first aid kit, compass, map, signal whistle, signal mirror

Headlamp and extra batteries (expensive Lithium cells work better in cold)

Matches and fire starters

Knife

Granola bars, energy bars, nuts (for on trail) - you need MORE calories when hiking in cold

Toiletries (hand sanitizer, small roll of toilet paper)

## **Clothing - absolutely no cotton!**

1-2 pair wool socks and 2-3 pair sock liners (thin liners worn with outer socks reduce blisters)

1 spare pair synthetic underwear

2 synthetic tee shirts (like our synthetic class B shirts)

1 pair synthetic or wool long-johns (top and bottom)

1 snow pants or rain pants

1 outer waterproof shell or winter jacket

1 synthetic hiking pants

2 fleece tops (layers) or wool sweaters

1 down vest or puffy down jacket

2 hats

1-2 pairs gloves/mittens

1 neck warmer

Hiking boots or snow boots (provided you can hike for miles in them)

Micro spikes for boots

Sunglasses and/or goggles

It's a great idea to leave a full change of clothes in the car and change into them once you return

## **A note about food**

Hiking in the winter provides the opportunity to carry foods that would otherwise spoil in summer time. However, keep in mind that foods with high water content (like a turkey sandwich or grapes) will freeze and be unpleasant to eat. Fatty meats and cheese in a wrap are great.

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## ***To prepare for a two-night spring/fall (Dalton-style) camping trip***

- Check the weather forecast in the area.
- Note that if rain is in the forecast you will need extra clothes because you will get wet! And when it is raining that chances of hypothermia increase as the temperature drops. The way to avoid hypothermia is to STAY DRY and WARM.

## **Gear**

Duffel bag or backpack to carry your gear

Mess kit, 1 Nalgene wide mouth water bottle

Personal first aid kit, compass, map, signal whistle, signal mirror

Headlamp and extra batteries (expensive Lithium cells work better in cold)

Matches and fire starters

Knife

Spring/fall mummy-style sleeping bag rated between 32-40.

Closed-cell foam sleeping pad and camp pillow

Toiletries (hand sanitizer, small roll of toilet paper, toothbrush, toothpaste, backpacking towel, camp suds)

## **Clothing - absolutely no cotton!**

2-3 pair wool socks

1-2 pair synthetic underwear

1-2 synthetic tee shirts (like our synthetic class B shirts)

1-2 pair synthetic or wool long-johns (top and bottom)

1 snow pants or rain pants

1 outer waterproof shell or winter jacket

1 synthetic hiking pants

2 fleece tops (layers) or wool sweaters

1 down vest or puffy down jacket

2 hats (one for day, one for sleeping)

2-3 pairs gloves/mittens (they will get wet)

1 neck warmer

Hiking boots and/or snow boots (it's a good idea to have both in case your feet get wet)

Micro spikes and gaiters for boots (optional)

Sunglasses and/or goggles

Sleeping clothes