

Troop 68

Cold Weather Camping Checklist

Sleeping

- Cold weather sleeping bag (rated 0 degrees F or less)
 - Or
- 2 sleeping bags, one inside the other
- Foam sleeping pad or thick blankets for underneath your sleeping bag to insulate your body from the ground

Clothing:

- Long sleeve shirts
- Wool Shirt or sweater or heavy sweatshirt
- Long underwear
- Thick socks 2-3 pairs
- Change of clothes for bedtime such as long underwear or sweats
- Insulated parka or coat with hood
- Stocking cap (make certain to wear one to bed)
- Gloves or mittens
- Winter boots, waterproof hiking boots or sturdy shoes (**Do not wear tennis shoes**)

It is best to wear clothing in layers so you can adjust to the temperature by adding or shedding a layer.

Cotton has virtually no insulating qualities (that's why we wear it in the summer to stay cool) and gets wet very quickly. In cold weather camping **Wet = Cold**