

# Recommended Cold Weather Personal Pack List

- Long pants – synthetic or wool, not cotton
- Long Sleeve Shirt – synthetic or wool, not cotton
- Underwear
- Long Underwear, including shirt – synthetic or wool, not cotton
- Sweater or sweatshirt – synthetic or wool, not cotton
- Vest or second sweater/sweatshirt
- Winter Jacket, preferably with a hood
- Stocking hat – synthetic or wool, not cotton
- Hiking boots if you have them, otherwise sneakers
- Backup shoes
- Sunglasses (if desired)
- Work gloves
- Warm gloves
- Personal First Aid kit, if you have one
- Medical Forms
- Personal Medication – must be turned in to leaders on arrival
- Trail food – protein (like jerky) or grain (like granola bar) – no candy
- Sleeping Bag
- Pillow, and air mattress (if desired)
- Rain gear
- Toilet Paper
- Cup/Bowl/Plate/Knife/Fork/Spoon
- Day Pack and/or Backpack
- Two 1-liter water bottles
- Flashlight or headlamp
- Matches or fire starter
- Your journal, Pen and/or Pencil
- Compass, Watch, Pocket Knife, Whistle
- GPS navigation device, if you have it (may be phone or other computing device) \*
- Practice rope (for knots)
- Scout Handbook
- Chair (if desired)
- Camera/Binoculars/Nature books (if desired)

## Don't Bring

- Fireworks
- Fixed Blade Knives
- Laser Pointers

\* Electronic devices are not to be used during the campout except for navigation, photographs, reference (plant/animal identification, etc.) or emergencies.