

Camping Checklist

- The key to keeping warm is to follow the C. (Clean) O. (Overheat) L. (Layering) D. (Dry) guidelines and to drink plenty of fluids. If your clothes are clean and dry, they will breathe better and you'll stay warmer. If you overheat, your clothes will be wet and you will easily chill.
- Layering your clothes will keep you clean, warm and dry and will prevent overheating. If you start to feel warm, simply remove a layer of clothing. If you start to feel cold, add another layer of clothing.
- An example of proper layering starting from the layer closest to your skin on the upper half of your body would be thermal top, t-shirt, shirt, sweater and jacket. For your head, a scarf and a ski hat. For your feet, thin, breathable socks, wool socks, boot and pac/snow boots.

	Item Description		Item Description
	Tent (Scout Supplied)		Snow or Pac shoes (as required)
	Zero Degree Sleeping Bag		Troop Hat
	Sleeping Pad (not inflatable vinyl)		Ski Mask
	Pillow (recommended)		Gloves or Mittens
	Flashlight and Extra Batteries		Scarf (recommended)
	Water Bottle or Canteen		Towels (drying and wash cloth)
	One Gallon of Water (as required)		Soap
	Compass		Toothbrush and Toothpaste
	Pocket Knife or Multi-Purpose Knife		Deodorant
	Whistle		Comb or Brush
	Mess Kit (plate, bowl, cup, fork, knife and spoon)		First Aid Kit
	Cold Weather Jacket with hood		Medicines (as required)
	Waterproof Rain Gear		Insect Repellent
	Thermals		Sun Screen Lotion
	Sweater or Sweatshirt		Hand / Foot Warmers
	Two pair of pants (one is extra)		Tote'n'Chip Card
	One pair of water resistant pants		Fire'm'Chit Card
	Activity Shirt (Class "B")		Sunglasses (optional)
	Three shirts (one is extra)		Day or Fanny Pack (as required)
	Three pairs of underwear (one is extra)		Camera (optional)
	Three pairs of socks (one is extra)		Watch (optional)
	Hiking Boots		Folding Chair (optional)
	Tennis or other closed-toe shoe		Scout Handbook (required)
	Notebook and Pen and/or Pencil (as required)		Merit Badge Books / Cards (as required)