

Winter Camping Necessities – for snow (in order of importance)
Good too for cold-weather camping – if no snow waterproof items not necessary
You can sometimes find like-new items at a thrift store

1. Sleeping System

- Sleeping bag – rated at 20 degrees or lower (prefer synthetic fill, synthetic cover)
- Liner or blanket – can add as much as 15 degrees of warmth
- Pad – closed cell foam (no open cell foam, prefer no air mattresses)
- Ground cloth – important layer, many possibilities
- Sleeping clothes – we will put on clean, dry clothes as we crawl into our sleeping bag at night.
 - Clean underwear
 - Clean long-johns/sweatpants and shirt/pajamas
 - Clean socks
 - Clean stocking cap (40% of your body heat is lost through your head)

2. Boots – Tennis/Running Shoes are not allowed!!!!

- Most important item of clothing during the day
- Prefer waterproof, insulated liners
- Large enough for heavier wool socks – too small constricts blood flow

3. Hat/Stocking cap

- Cover the ears
- Better to be warm with “hat hair” than freezing but looking good...
- Separate hats for day/sleeping (day hat may be damp from sweat of day’s activities – see #1)

4. Gloves/Mittens

- Mittens actually keep fingers warmer (share body heat, less constricting)
- Waterproof – ski gloves should be okay

5. Wool or Snow Pants

- Not jeans or any other cotton pants when camping in the snow. (When there is no snow it is okay.)

6. Wool Socks

- Clean and dry! (If you need to bring extra pairs, bring them!)
- Large enough to allow blood flow
- Polypropylene liners are an added benefit – wick away moisture

7. Long Johns

- Polypropylene/wool is best
- Thermax and related synthetics also work well
- Cotton is better than nothing...

8. Coat/Outer shell

- Wind-/water-proof
- Large enough for insulating layers underneath
- Hooded works best
- Easily off/on

Background information:

The key to successful winter camping is **COLD**:

keep	C lean
avoid	O verheating
wear	L ayers
stay	D ry

Fire in winter is a ‘false god’ in regard to warmth. In other words, if your clothes let in warmth easily while you stand by a fire, they will also let in the cold just as easily...So we let our clothing, working with our natural body systems, keep us warm.

Wet cold -- +50 to +14 – stay dry
Dry cold -- +14 to –20 – stay warm
Arctic cold – below –20 – survive!