

COLD WEATHER CAMPING SHAKEDOWN CHECKLIST AND GUIDE

Date: _____

Scout Name: _____

Scout Inspector: _____ Adult Inspector: _____

Name	Notes and Tips	Priority	Check If Present
Tent (3 or 4 season)	A "4 season" tent is recommended, but not required. See below for how you can enhance the cold weather abilities of your 3 season tent if desired.	REQUIRED	
Large Tarp	In cold weather, stake down a tarp over your tent to improve insulation and also significantly improve its ability to block wind and rain. Especially recommended if you are using a 3-season tent (most tents, including troop tents). Try a plow point tarp setup with a tree, use a ridgeline with two trees , or use a tarp pole or trekking pole (see "closed-end A-Frame"). Pro Tip: stake the tarp ALL THE WAY to the ground to prevent wind from sweeping underneath and into your tent.	Recommended	
Extra Tent Stakes and Guylines	Extra stakes and guylines are needed to secure your tent in bad weather as well as enhance insulation and protection with a tarp.	Recommended	
Moving Quilt	This can be obtained at low cost from Harbor Freight. Helps create extra insulation on the bottom of the tent from the snowpack underneath.	Optional	
Tentmate	At least one tentmate (same gender not more than two years apart) must be confirmed.	REQUIRED	
Nalgene or Equivalent	Should be at least 32 oz. Two are preferable. Can also be used as a bag warmer when filled with boiling water. Note: Hot bottle can burn you. Bring a slip or cover for it to reduce this risk.	REQUIRED	
Cold-Weather Sleeping Bag	Needs to be at least 0 degree bag. Multiple bags together can substitute.	REQUIRED	
Sleeping Pad	Can substitute with foam or reflectix. However, highest R-Value possible is best (5.5 or higher preferred).	REQUIRED	
Flashlight or head-lamp	Not being able to see is especially hazardous in cold conditions.	REQUIRED	
Sleeping Bag Liner	Most of these will add 10 degrees to the bag. Specialty liners can add more, but assume 10 unless otherwise labeled.	Optional	
Pillow		Recommended	
Tent Footprint / Ground Cloth	Snow can melt underneath your tent. This can help prevent moisture from seeping through.	Highly Recommended	
Heavy down or synthetic jacket	This is primary upper body insulation layer. "Puffy jackets work well as do sweaters in fleece or wool.	REQUIRED	
Wind/Rain Proof Jacket	Should be rain and windproof. Should be big enough to layer underneath	REQUIRED	

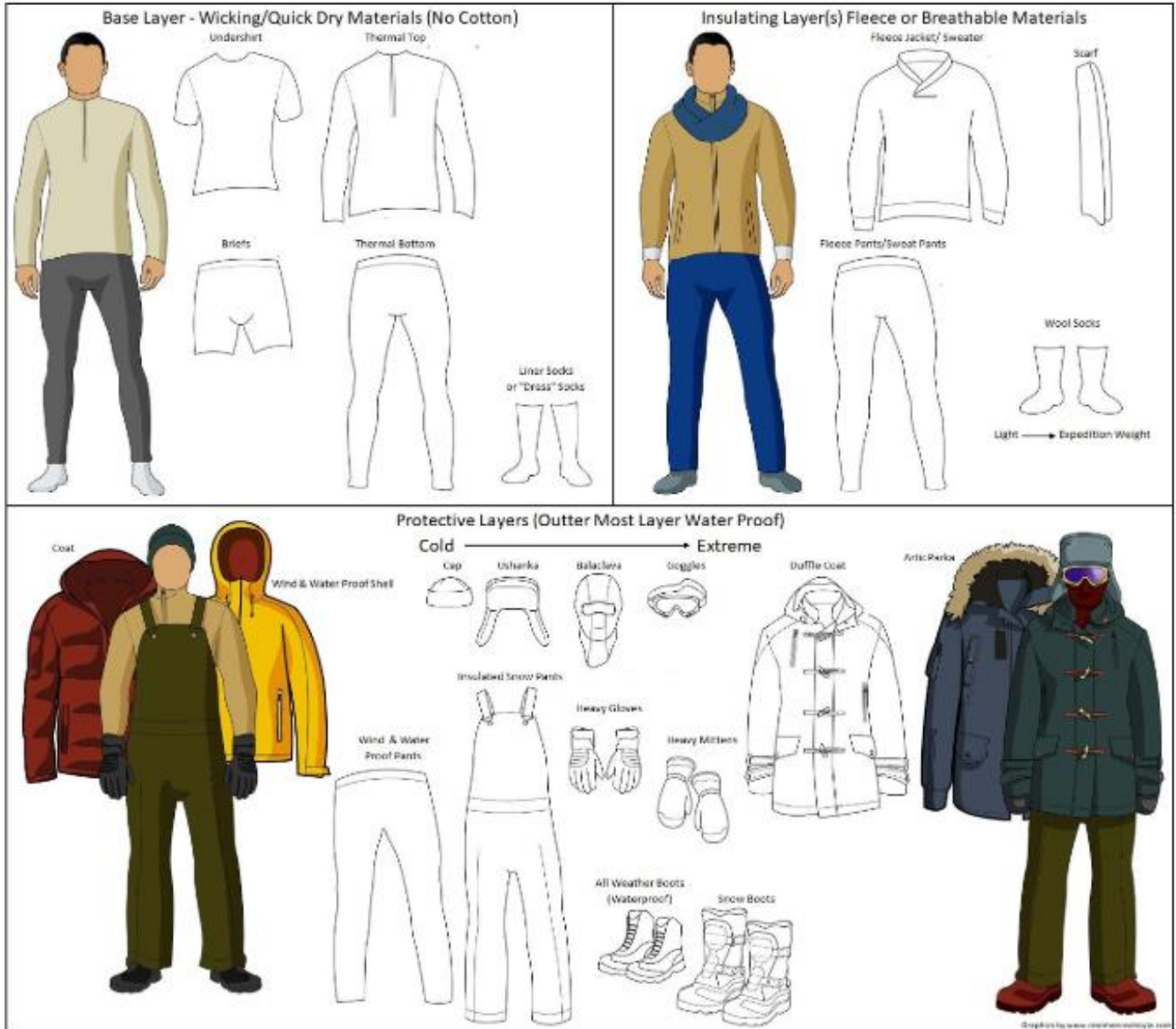
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Wind/Rain Proof Pants (or additional pair of pants)	Should be rain and windproof. Should be big enough to layer underneath. An extra pair of pants or two may substitute if rain proof pants are not available.	REQUIRED	
Lower pant insulation (midlayer)	This layer can be built into the outer shell (as with ski pants). No cotton.	REQUIRED	
Baselayer Shirt	Should be moisture wicking and fit close to the body. Should be long sleeve.	REQUIRED	
Baselayer Pant	Should be moisture wicking and fit close to the body. Should be long sleeve.	REQUIRED	
Insulated Gloves or Mittens	Should be water resistant and wind resistant.	REQUIRED	
Liner Gloves	This fit inside insulated gloves to allow insulated gloves to be removed for more dexterity. Also improved insulation.	Recommended	
Cold Weather Beanie	Should be worn while sleeping as well as daytime activities. The thicker the better.	REQUIRED	
Briefs or Underwear	Wear moisture wicking briefs (underwear). Change into clean briefs at night. Bring multiple pairs. Try to avoid cotton.	REQUIRED	
Long Underwear	Should be worn only when sleeping. Should be a heavy material for insulation.	REQUIRED	
Warm Socks	Should be wool or synthetic insulated material (no cotton). At least 4-5 pairs recommended. Fresh socks should be worn at night. Down socks/booties for sleeping will upgrade significantly for a common problem area.	REQUIRED	
Sun Glasses/Goggles	Reflexion from snow can be blinding. Glasses also protect the eyes from wind and rain.	REQUIRED	
Gaiters	Assist with keeping lower legs dry.	Optional	
Winter Boots	Should be waterproof and insulated.	Recommended	
Balaclava and/or Neck Gaiter	The face is often forgotten. A face cover will protect from biting wind and rain. A neck gaiter or balaclava will protect the face as well as the neck. This item becomes more necessary as the temperature drops.	REQUIRED	
Hand Warmers	Chemically activated. These can become very helpful if hands become very cold and hard to warm up. Usually lasts a couple of hours so have several in your pack.	Recommended	
Toe Warmers	Chemically activated. These can become very helpful if toes become very cold and hard to warm up. Usually lasts a couple of hours so have several in your pack.	Recommended	

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Learn More About The Below Guide On Clothing By Watching This Video:

<https://www.youtube.com/watch?v=uVQ0KcHjZrY>



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Winter Camping Tips:

Staying Warm While Sleeping

Change into a new set of dry clothing before going to bed. Double up sleeping bags to improve temperature rating. Use a thick sleeping pad, cardboard, foam or other ground barriers (or improvise a thick pad with blankets or another sleeping bag). Sleep with a stocking cap and thick socks. Sleep 2 or 3 or more to a tent. Wake up your buddy if you are shivering and cold. Get help from a leader if you can't get warm. Be careful with (or avoid) hand warmers in sleeping bags while sleeping as they can cause burns. Do some sit-ups or pushups before climbing in your bag to help you warm it up. Follow the buddy system; camp at night can be very disorienting – don't get lost alone in the cold!

Staying Warm During Activity Time

Wear layers!

Do not wear your sleeping clothes, change your clothes when you get up. Stay hydrated. You may not feel thirsty in the cold, but it's important to drink fluids. Try not to sweat. If you are working, add/remove layers or take breaks as needed to avoid overheating.

Pay close attention to toes, fingers, and ears for signs of frostbite. Waterproof shoes can cause a buildup of moisture in the shoe. You may need to change socks during the day to keep your feet dry and warm so bring extra. Breathable shoes may perform better than waterproof in dry conditions.

Avoid fibers that hold moisture (Cotton). Take breaks to warm up in a tent or shelter. Use the buddy system and look out for each other.