

Winter Day Hikes

Wear

- Clothes appropriate for the weather
- Boots (absolutely no tennis shoes or other low top type shoe)
- Troop Beanie
- Gloves
- Socks (enough pair of socks on so that feet will be warm, at least one pair should be wool)
- Totin Chit in a pocket
- Fireman Chit in a pocket
- Pocket knife

Backpack

- Sleeping bag
- Ground cloth
- Sleeping pad
- Extra Blanket if wanted
- Two pair extra socks
- Change of clothes
- 1 liter of water
- Mess kit
- ** Sweat shirt and pants
- ** T-shirt
- ** Socks
- Flashlight
- Toothbrush and paste

Day Pack

- Poncho
- 1 pair socks (for when feet get wet and cold, two pair if you want)
- 1 liter of water
- Two hot chocolate packets in coat pocket
- 6 ft. length of rope, whipped
- 1 triangular bandage or large bandanna
- An insulated mug with a lid (this will keep a lunch warmer longer than a regular bowl)
- Food for noon meal on Saturday (must be something that only requires the addition of boiling water to complete - you must have something warm for lunch)
- Extra snacks to munch on during the day (not too much though)

***These clothes are to be worn only when sleeping - do not use day clothes for sleeping*

A note on staying warm

Layers are the key to staying warm during the winter. As you warm up through activity you can take clothes off to keep from sweating too much. Likewise, when you stop you can then add clothes to warm up again. If you get wet, either through sweating or any other way, you will get cold. You must do whatever you can to keep from getting wet.