

CLOTHING FOR WINTER CAMPING

IN COLD WEATHER,
WEAR LOOSE FITTING
CLOTHES IN LAYERS
OR "SHELLS."
KEEP IT DRY!

START WITH
"LONG JOHNS"—
NOT TOO
TIGHT.

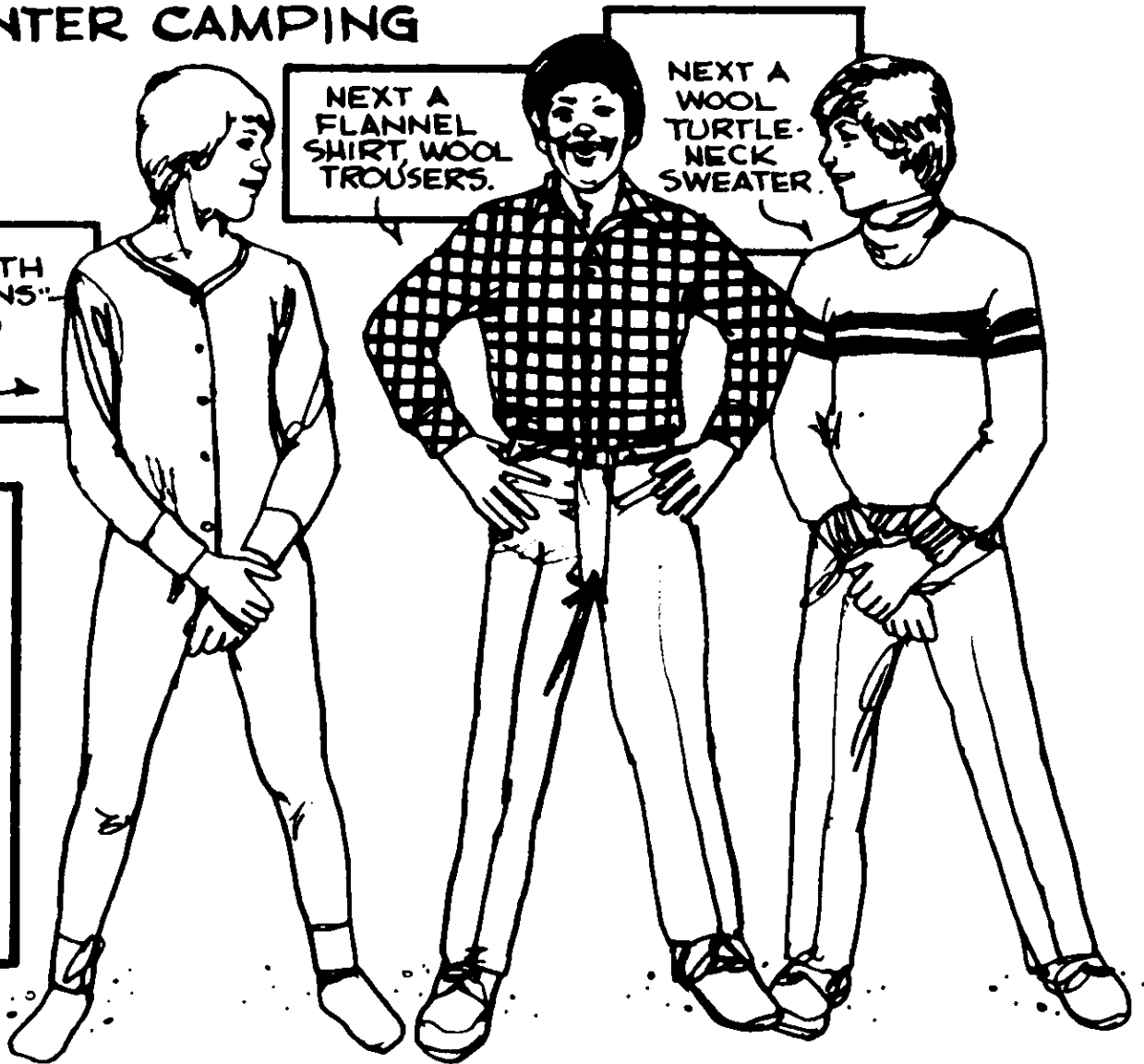
NEXT A
FLANNEL
SHIRT, WOOL
TROUSERS.

NEXT A
WOOL
TURTLE-
NECK
SWEATER.

WEAR WOOLEN
GLOVES WITH
WATER-REPELLENT
SHELLS OVER THEM IN
WET WEATHER.

KEEP
YOUR
FEET
DRY!

WEAR HEAVY
BOOTS—OR
GALOSHES OVER
LOW SHOES.



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BEDDIN' DOWN



A SWEATSHIRT WITH A BUILT-IN HOOD AND A PAIR OF TRACK PANTS MAKE A FINE SLEEPING OUTFIT. UNDRRESS IN YOUR SLEEPING BAG - FIRST FLUFF IT UP WELL - IT'S THE AIR, NOT THE STUFFING, THAT KEEPS YOU WARM.

HAVE MORE UNDERNEATH THAN ABOVE : MORE LAYERS OF BLANKETS, OR SLEEPING BAG, AIR MATTRESS, BROWSE-FILLED TICK ON TOP OF GROUND CLOTH.

Personal Gear

- o Back Pack / Duffel Bag
- o Day pack
- o Warm sleeping Bag (with liner or extra blanket suggested)
- o Flashlight / Extra bulbs / batteries
- o Pocket knife (must have Totin' Chip card)
- o Canteen or water bottle
- o Compass
- o Scouts BSA Handbook
- o Talit and tefillin, if applicable
- o Kipot
- o Paper / Pencil
- o Sunglasses
- o Soap (biodegradable)
- o Hand sanitizer
- o Toothbrush / toothpaste
- o Towel
- o 2 Cups (meat and dairy) *
- o Fork / knife / spoon (2 sets – meat and dairy) *
- o 2 plates / 2 bowls (2 mess kits – meat and dairy) *
- o Toilet paper
- o Medications with instructions (given to adult leader)

Clothing

- o Warm hat (not baseball cap, suggest knit cap)
- o Scarf
- o Gloves, preferably mitten style
- o Waterproof boots (no sneakers or low shoes)
- o 3 pairs of heavy socks (wool recommended)
- o 3 pairs lighter socks (polypropylene is best)
- o Long underwear
- o 2 pairs wool or synthetic pants (Strongly recommend against cotton pants like jeans. They absorb moisture like a sponge. If you use jeans, bring an extra pair)
- o 3 shirts (wool or flannel)
- o Warm coat
- o Underwear (enough to change every day)
- o Rain gear
- o Extra shoes
- o PJ or other sleeping clothes

Optional Gear

- o Pillow
- o Blanket
- o Sleeping pad or mat
- o Feminine Hygiene
- o Camera
- o Binoculars
- o Lip balm
- o Mirror
- o Comb
- o Whistle
- o Rope
- o Garbage bags - large
- o Bandana

Do Not Bring

- o **CELL PHONES**
- o Electronics (other than an MP3 or radio w/headphones for after Shabbat in your bunk at bed time)
- o Expensive or valuable personal items

*** Dairy and meat mess kits and silverware should look different. Do not label until you get to camp.**

Unless your parents are planning to buy some of the items on this list anyway, do not run out and start spending lots of money on clothes and equipment. If all your pants are jeans, for example, bring three or four pairs and change frequently. If you are in doubt or have questions, call one of the troop leaders for advice.

HOW TO KEEP WARM AT NIGHT

1. **REMEMBER:** The sleeping bag doesn't heat you, you heat it. So use this rule, "Thickness is warmth", to keep this heat. If you're cold, add some more insulation (blankets, clothes, newspaper). Never use tomorrow's clothing in your bag.
2. **DO NOT SLEEP IN BOTTOM OF BAG:** Your breath contains water. If you close your bag with your head inside, then this water sticks to the bag. Wear a knit hat to keep your head warm.
3. **CHANGE CLOTHES:** NEVER sleep in wet clothes or what you wore that day. Even perspiration will chill you at night.
4. **GO TO THE BATHROOM BEFORE BED:** This saves you a middle of the night trip in the cold.
5. **DO NOT DRY "WET" CLOTHES IN BAG:** Moisture will travel from wet clothes to sleeping bag.
6. **PUT TOMORROW'S CLOTHES UNDER BAG:** This heats up clothes for tomorrow's cold morning and also provides more insulation. Put the clothes below the bag, never in the sleeping bag.
7. **FLUFF UP YOUR BAG:** Always fluff up bag before using to create the thickness important in keeping warm. Take your bag out of its stuff sack when you get to where you will be camping.
8. **MOST IMPORTANT, KEEP IT DRY:** Keep all your sleeping gear dry and follow these rules, and winter camp should prove to be a rewarding experience.

IMPORTANT STUFF TO KEEP IN MIND

1. Clothing alone does not make you warm; it is your body processes that keep you warm. Clothing merely provides the insulation to preserve your warmth.
2. Layered thickness is warmth.
3. Keep your torso warm so that it can send heat to the extremities.
4. Avoid sweating by ventilation.
5. Keep rain and wind out of your insulation.
6. Use your head. Keep it covered when you're cold; remove cap as you warm up to avoid sweating.
7. Strain one muscle against another to maintain metabolism.
8. Wool clothing is best but needs wind protection, synthetics are next best. Down is OK as long as it stays dry, cotton is a poor choice.
9. If your feet are cold, put a hat on.
10. Remember the word "COLD" - Keep your clothing:

Clean.

avoid **O**verheating

wear clothing **L**oose

and keep it **D**ry

It is always best to stay dry when camping in the snow, but you can expect to get wet and should be prepared. Have at least one complete change of clothing with you.

Boots or other shoes which are not waterproof will normally start getting the feet wet and cold after less than 15 minutes in the snow (depending on temperature, the colder it is, the longer the feet stay dry). Low top shoes will not keep the snow out of the shoes. Gaiters can be made from plastic bags and a strong tape like duct tape. Do not cover the bottom of your shoes with plastic, doing so will cause you to lose almost all of your traction (and you will fall down!).

WHERE TO BUY IT

There are lots of places to get camping equipment. Here are some suggestions:

Campmor Inc

810 Route 17 North
Paramus, NJ 07652
(201) 445-5000
www.campmor.com

The best camping supply store because of its selection and the staff's knowledge and experience. Where to go for frame packs, sleeping bags and tents. Not open on Sundays.
<http://www.campmor.com>

Ramsey Outdoor Store Inc

Roxbury Mall	835 Route 17 South
281 Route 10 East	Ramsey, NJ 07446
Succasunna, NJ 07876	(201) 327-8141
(973) 584-7798	
www.ramseyoutdoor.com	

Has a good selection and pretty knowledgeable staff. Open seven days.
<http://www.ramseyoutdoor.com>

Recreational Equipment, Inc. (REI)

280 NJ Route 10
East Hanover, NJ 07936
(973) 581-1938

A good selection of quality gear. Friendly and knowledgeable staff. Open seven days
<http://www.rei.com>

K-Mart, Target, Dick's, Cabela's etc.

All these stores carry camping equipment, but quality on bigger items (packs, sleeping bags, tents) questionable. Smaller items such as mess kits and eating utensils can be bought here. Store staff not always knowledgeable. For quality and longevity of equipment, go to Campmor, Ramsey or REI. Never buy larger items through mail order or online unless you really know what to buy.

If you are in doubt or have questions, call one of the troop leaders for advice.

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