

## COLD WEATHER & CAMPING GUIDELINES

The following guidelines were written for Troop 116 and are provided to help you have a safe and enjoyable camping experience in colder weather.

### Hiking campout gear list for a weekend:

Cold weather sleeping bag

Ground pad – Very important in cold weather

1 pair of extra socks - wool

1 change of clothes

Hiking boots

Smaller flashlight with good batteries

Mess kit

Small first aid kit – from 2<sup>nd</sup> class requirement

All weather jacket

Gloves if cold

Stocking cap – very important

Water bottles

Knife and Toten-Chip

### Explanation of Guideline:

1. During Camporees and winter campouts scouts will sleep in tents together – at least two scouts per tent. We use the buddy system. Adults cannot sleep with scouts.
2. Scouts will supply his own sleeping bag. Quality sleeping bags are expensive, so get some scout master advice before investing in a bag. Usually a 20 degree bag will be sufficient.
3. A ground pad is inexpensive but very important about \$14.00 at Walmart. The pad is an insulator that blocks colder ground temperatures from getting to your son. A ground pad can add ten degrees of warmth to you.
4. We don't use cots during cold weather camping. Sleeping cots will elevate you and allow colder air temperatures to circulate around you. Sleeping on the ground with a ground pad will keep you warmer.
5. Sleeping attire – DO NOT sleep in the clothes that you wore during the day, especially old socks! Your clothes will trap sweat and you will get very cold at night. You will be warmer if you sleep in clean underwear or pajamas or a pair of shorts. Wearing a stocking cap can add another 10 degrees of warmth. Not the sweaty one you wore all day. Pack a dry one especially for sleeping
6. Scouts should not put their head in a sleeping bag at night – If you breathe into your sleeping bag you will trap moisture in the bag and make yourself cold. Extra blankets are heavy to carry and not advised. Sleeping bag inserts made of fleece are very nice and can be purchased at Pack Rat or Lewis and Clark.

7. Learn to pack light! Scouts will need to carry their gear when backpacking. For a weekend you will only need 1 change of clothes. Bring a water repellent jacket for cooler evenings.
8. You will need to get a mess kit for eating. 1 fork, spoon and knife plus a cup. Two small mouth "Nalgene" water bottles are a good idea.
9. Bring a flashlight with good batteries on campouts.
10. Scouts prepare and cook their meals. Your patrol will have a planning session before each campout in which the patrol will decide what they want to eat. The patrol will cook their own food and should provide a sampling to the scoutmasters to demonstrate their abilities. Once the meal has been planned the patrol will designate two scouts to go shopping for the food. Scouts will rotate this duty.
11. An evening snack is a good idea, but please leave the candy and junk food at home. Scouts don't sleep well if they are sugared up. You will need proteins and good sources of sugars like fruits and nuts for energy. Beef jerky and granola bars are a campout favorite.
12. Adult leadership is always two-deep. Scoutmasters are not allowed to be alone on campouts with your son. If we can't get at least 2 adults for a campout then we don't go camping. Fathers are encouraged to take turns camping with their sons. This helps to take the pressure off the scoutmaster and the assistant scoutmasters who may not be able to attend every campout.
13. Scouts are NOT ALLOWED to PLAY with fire. Fire is a tool not a toy.
14. Scouts are NOT ALLOWED to bring a knife to camp unless he has a permit to carry a knife (Toten chip) and the knife must be approved by a scoutmaster. Knives are tools also – if they are being played with: flipping, throwing or used aggressively they will be confiscated.
15. Scouts are expected to be "Reverent". Swearing and aggressive behaviors are not tolerated on campouts. Scouts will attend "Vespers" (scout church) when available.

This may seem like a lot of rules but they are all helpful.