

Cold-weather Clothing Checklist for Hiking, Camping, and Backpacking

- Long-sleeve shirt*
- Long pants*
- Sweater*
- Long underwear*
- Hiking boots or sturdy shoes
- Socks*
- Insulated parka or coat with hood
- Warm hat*
- Mittens/gloves*
- Rain gear
- Extra underwear (for longer trips)

*Should be made of wool or a warm synthetic fabric

Notes:

1. It is important to avoid cotton clothing as it absorbs moisture and can easily cause the wearer to become chilled. This is especially true for hiking and backpacking. Polyester, polypro, fleece, and wool are good materials as they wick moisture away from the body.
2. Hiking boots should fit and be well broken in. Sales personnel at Casual Adventure can give good advice on the appropriate boots for the individual Scout's needs.
3. For socks it is wise to wear wool or wool blend socks with lightweight synthetic sock liners. This will help keep feet comfortable and avoid blisters while hiking/backpacking. Do NOT wear cotton socks for winter camping. It is always wise to bring an extra pair of socks.
4. It is advisable to take separate clothes to sleep in. Going to bed in even slightly damp clothes can cause discomfort on a cool summer night and worse in colder weather. Wearing a hat while sleeping will help keep the camper warm as a large percentage of body heat is lost through the top of the head.
5. Winter rain gear may consist of a pair of rain or snow pants with a waterproof parka/coat.