

Troop 73 Winter Backcountry packing/Trekking Gear List

For your winter backpacking trip, we have put together the following list to help you stay warm, dry and safe. **You must bring all the items which are marked with an asterisk (*)**. Due to safety concerns, the Assistant Scoutmasters on the trip have been instructed that if any marked item (or a reasonable substitute) is not in a scout's pack, the scout may not be able to go on the trip. It's a purely safety issue with winter, moderately high altitude backcountry travel. If you have any questions, please contact Andy Podshadley or Dave Gooder.

Here then is the list (which does not include group cooking equipment, food, shelter, and other group gear or food, etc):

Upper Body

Equipment	Description/ Comments
Wicking T-shirt	Especially if there are warm days in the forecast. Should be some type of synthetic fabric. Not cotton. Under Armor or other synthetic T's will do.
Base layer long underwear shirt*	Light or mid-weight synthetic long-sleeved long underwear shirt.
Mid-layer insulation shirt or fleece sweatshirt *	We recommend using a soft-shell jacket (made of Schoeller/wind-proof fleece or other similar fabric), a fleece or synthetic sweatshirt or heavy weight long underwear top. A mid-weight fleece jacket is also acceptable.
Insulated parka or jacket w/ or without attached hood*	Either a down or synthetic puffy-type jacket. A mid-weight parka works best; it doesn't have to be huge. It should fit over all your other layers.
Waterproof/breathable storm shell jacket w/ hood*	Gore-Tex or other waterproof, breathable equivalent material. This should be a simple shell, not a heavy ski jacket (unless your insulated parka and shell are combined).

Lower Body

Equipment	Description/ Comments
Extra pair of boxers or briefs	While not absolutely necessary, we try to avoid all cotton in our layering system since it does not insulate if wet. If possible, underwear should be synthetic material.
Base layer/bottoms*	Light to mid-weight synthetic long underwear bottoms.



Non-cotton pants *	We highly recommend using a soft-shell or synthetic hiking pant (like the Boy Scout, REI or North Face zip-off pants). No jeans or cotton pants!
Outer pants*	Waterproof, breathable shell pants (like Gore-Tex or similar material). Ski pants will work.

Head & Hands

Equipment	Description/ Comments
Wool or fleece hat.*	Hat should cover your ears. A headband is also nice, but optional
Neck gaiter or balaclava (optional)	Synthetic/ fleece. This will protect your neck and face in stormy weather.
Sun hat and bandanna*	Baseball hat or other wide brimmed hat to protect your face and neck. A bandana will help cover your ears and neck. The sun can get very hot.
Light gloves*	Light-weight pair of synthetic gloves. Not a fingerless glove. These will be used a lot for hiking on the trail if the weather is decent.
Heavy insulated gloves or mittens*	A Gore-Tex glove/mitten with removable liner works best. A heavy insulated ski glove works as well. You will wear these if it gets cold, while hanging out at camp, etc. A back-up pair is recommended.

Sleeping

Equipment	Description/ Comments
Sleeping bag*	Should have a comfort rating between 15° and 0° F. There is no need for anything warmer than a 0° bag. Down or synthetic is good. A compression stuff sack helps to fit the bag in the bottom of your pack.
Sleeping pad*	We recommend an inflatable or closed-cell foam, full length pad



Feet

Equipment	Description/ Comments
Boots*	Warm, all leather hiking boots (no boots with partial fabric as they can't stay dry enough). Insulated leather and synthetic leather boots are also acceptable (like those made by Columbia, Sorel or The North Face).
2-3 pairs of heavy socks*	Thick wool or wool-synthetic blends work best. No cotton! You might also want to bring a pair of thin synthetic liner socks to help prevent blisters.
Gaiters*	Make sure they are large enough to fit over your boots. They should reach at least to mid-calf. Some snow pants have gaiters built-in which is fine.

Pack & General Gear

Equipment	Description/ Comments
The Ten Essentials*	The usual items
Backpack*	Large size backpack. Make sure it fits well with weight and expect to carry at least 30-40 pounds.
Trekking or ski poles	For balance
Glacier or ski glasses or other dark sunglasses*	Glacier or ski glasses are specifically designed to protect your eyes from the intense UV radiation that reflects off snowfields. They have dark lenses and side shields to keep UV rays out of your eyes. Wrap-around style sunglasses work too, just make sure the lenses block 100% UV rays and are fairly dark.
Goggles (optional)	Ski goggles are great for when it gets stormy. Also, if you wear prescription glasses, dark goggles can be worn over your glasses instead of glacier/dark glasses.
2 Water bottles*	Wide mouth, Lexan 1-liter water bottles with your initials written on them in indelible ink. Do not bring hydration bladders (like Camelbacks) as they can freeze up.



Plastic bowl, drinking mug and utensils*	Tupperware or Lexan bowls work well. Lexan fork-spoon combination utensils work best (food gets cold quickly in metal mess kits and plates/bowls). A 12 or 20 oz. plastic insulated mug is nice for hot drinks. You can also simply use your bowl as a mug or your mug as a bowl and save weight that way.
Headlamp or flashlight w/ extra batteries*	LED headlamps are the lightest and most efficient. Use a fresh set of batteries. Bring at least one extra set of batteries.
Sunscreen and lip balm (with sunscreen)*	Spf 30 or higher. It's nice to tape your lip balm to a cord and wear it around your neck for easy access.
2 large garbage bags*	The thicker the better. Trash compactor bags work great. You will line your pack with these to keep your gear dry. You can also use one to cover your pack for the night if it is wet out. They can also be used to protect your pants while sliding.
Personal First-Aid kit*	Our ASM's will carry a full first aid kit, so make yours light, with only personal items. Moleskin, band-aids, aspirin, ibuprofen, personal medications, antacids, small roll of tape.
Toiletries*	Keep it to the necessities. Toothbrush, travel size toothpaste, small roll of toilet paper in a plastic bag. Leave the deodorant at home.
Snacks /Trail food*	Trail mix/GORP, dried fruit, nuts and seeds, cookies, dried meats. Anything that has lots of calories, tastes good and is easy to eat. Energy bars and Gu are OK, but make sure they are appetizing to you.
Drink Mix (optional)	Drink mixes can be nice to replenish electrolytes and make water yummy. (Prepackage in plastic bags that will make 1 liter at half strength.)
Survival kit	If you have a compact, light weight one.

