

# FALL & WINTER PACKING LIST

## Required

- BSA handbook
- BSA Uniform
- Backpack (internal or external frame) or tote bag
- Cold weather sleeping bag or 3 heavy wool blankets
- Foam sleeping pad (prevents hypothermia due to conduction of body heat to cold ground)
- Flashlight with extra batteries
- Garbage bag(s)

## Clothing

- Waterproof boots
- Rain gear (rain suit, poncho, etc.)
- Winter jacket (recommended in Fall, required in Winter)
- Wool sweater and/or Polar Fleece (No cotton!)
- Warm hat (important when sleeping to reduce heat loss)
- Warm gloves and/or mittens
- 3 pair light inner socks (highly recommended - No cotton socks!)
- 3 or more pair wool or heavy duty synthetic outer socks
- 2 long sleeve shirts (wool or man-made fiber for good insulating quality and quick drying, recommended in Fall, required in Winter)
- 2 long non-cotton pants
- Long underwear ( not cotton)
- Underwear

## Eating Kit

- Plate and/or bowl (aluminum, stainless, plastic)
- Cup
- Fork/knife/spoon

## Cleanup Kit

- Toothbrush and toothpaste
- Soap (biodegradable soap is best)
- Brush/comb
- Washcloth
- Small towel