

Packing for 2-Day Cold Weather Backpacking Trips

In addition what you'll be wearing when starting a backpacking trip in cold weather (comfortable clothes appropriate for the weather) you should plan to bring loaded in your pack the following supplies:

Item to Have in Pack*	Note	Category
Backpack	This will be your friend or enemy. Try a bunch before buying. External frame packs are generally more comfortable and allow more strapping on of gear. Internal packs are more expensive but load into cars easier. Expensive ones can be quite comfortable.	Basic
Bandanna	Countless potential uses.	Clothing
Down vest or subcoat	Layering is the key. You may be wearing this at the start of the trip	Clothing
Knit hat	Packs small but very warm	Clothing
Lightweight shoes such as gym shoes.	For those that live in gym shoes. Nice to put on at camp in the evening. Emergency backup footwear if something happens to boots (eaten by bears, etc)	Clothing
Long pants-1 pair	Bring a pair loose enough for long underpants underneath.	Clothing
Long sleeved shirts-1	Cotton is comfortable but if you sweat can be a problem because it does not wick away moisture, so wear wicking undershirt. Polypropylene, other synthetics, and wool are warm even when wet.	Clothing
Long underpants	Synthetics or blends such as polypropylene are best and very compact. Warm when wet and can be layered with other clothes.	Clothing
Long undershirt	Synthetics or blends such as polypropylene is best. Warm when wet and can be layered with other clothes.	Clothing
Outer jacket or shell	Thickness depending on weather. Best to dress in layers to be able to remove or add to achieve desired protection. (A good mid-weight hooded parka shell with down vest is preferred to one giant down parka). You might be wearing this at start of trip.	Clothing
Polypro or wool balaclava or face mask.	Packs small but very warm. Great in cold wind. Better safe than sorry.	Clothing
Rainsuit or poncho	If it rains a lot you will need to be comfy in this. Don't skimp and get a \$1 emergency poncho! A decent \$5-7 poncho is versatile in covering packs and gear, serving as a ground cloth, etc. Rain pants are valuable if you have to hike very far in the rain	Clothing
Short sleeved shirts-1	A potential layer under shirts. Polypro is good for wicking. Poly/cotton blend better than pure cotton if you sweat.	Clothing
Socks-2 prs at least	Cotton is comfy but wool and synthetics are warm when wet.	Clothing
Sweat shirt or sweater	Good for layering in cold weather.	Clothing
Underpants-2 pair	nuff said.	Clothing
Warm Gloves-2 pair	Type depends on weather. 1 pair mittens 1 pair gloves?	Clothing
Waterproof hiking boots (You'll be wearing these)	These are very important. Do NOT plan to hike in ordinary gym shoes. Ideally your hiking shoes have been broken in before the outing to avoid blisters. Many excellent lightweight options available nowadays.	Clothing
Compass	A hiking essential. They don't need to be expensive but should be durable	Outdoor Essentials
Cord for misc. tying	The nylon cord in Sportmart camping dept that are green or white or camouflage and come on plastic spools for a few bucks can be handy for a multitude of tasks.	Outdoor Essentials
Fire starters	I like pieces of birch bark. Commercial fire starters are available.	Outdoor Essentials
First Aid Kit	Small kit with essential first aid supplies	Outdoor Essentials

<u>Item to Have in Pack*</u>	<u>Note</u>	<u>Category</u>
Food-Not covered here in detail	Everything you'll need for eating and drinking. This must be carefully planned to ensure lightweight foods that will not be crushed or otherwise ruined by lack of refrigeration. Be sure to include trail food to eat while walking.	Outdoor Essentials
Fuel for Stoves and lanterns	Small containers. Bring enough but not too much more than you'll need.	Outdoor Essentials
Lantern	You'll only need one for every 4 -6 boys. These are somewhat optional but nice to have.	Outdoor Essentials
Matches in waterproof container	Can use film canisters or store bought versions.	Outdoor Essentials
Plastic trash bags	Consider packing a few large trash bags for emergency gear protection, lining sleeping bag stuff sacks, covering packs, etc.	Outdoor Essentials
Stove	Small backpacking stove, either propane or white gas. One per 2-4 boys.	Outdoor Essentials
Swiss Army or other pocket knife		Outdoor Essentials
Tent	Small, lightweight backpacking tent is a must. Every pound counts. This is one of the heavier items. The regular Eureka's are very heavy for backpacking with.	Outdoor Essentials
Trail maps	Good for knowing where you're going.	Outdoor Essentials
Camera and film	Optional.	Personal Extras
Emergency Money	A good idea of everyone to have \$20 or so on them for who knows what.	Personal Extras
Hiking Stick	Optional.	Personal Extras
Personal Medicine	Be sure to let adult leaders know about any special medication you must take on the trip. This is a must!!	Personal Extras
Small musical instrument	Please, no tubas on the backpacking trip! Harmonica?	Personal Extras
Small note pad/pencil	For taking down directions, keeping lists, etc.	Personal Extras
Small sewing kit	To sew on buttons or other emergency mending	Personal Extras
Sunglasses	Depends on where you're going and when	Personal Extras
Toilet paper	For emergency use. You know what it's for.	Personal Extras
Toiletries as needed	The basics, shampoo, soap, etc. Very small amounts.	Personal Extras
Comb	Looking good is more important than feeling good.	Personal Gear Checklist
Eating Utensils	Lightweight plastic or other nesting type in pouch.	Personal Gear Checklist
Flashlight with good batteries and extra batteries.	Batteries are heavy. For backpacking you'll want a relatively small, lightweight flashlight. Some have extra bulb inside.	Personal Gear Checklist
Messkit	Should have cup, plate, cookpan.	Personal Gear Checklist
Sleeping Bag	For backpacking down bags are the best because they pack up so small but they must be kept dry so line your stuff sack if you expect rain. Avoid bulky bags. Mummy bags are the most efficient weight/warmth.	Personal Gear Checklist
Sleeping Pad	Closed cell is the way to go. Cheap and doesn't soak up water.	Personal Gear Checklist
Soap	Tiny bottle of biodegradable soap is best. Small bar of soap will work.	Personal Gear Checklist
Toothbrush/toothpaste	Sample sized tube of toothpaste	Personal Gear Checklist
Towel	Very small hand towel is fine. Don't bring a beach towel.	Personal Gear Checklist
Washcloth	Small. Is optional.	Personal Gear Checklist
Watch		Personal Gear Checklist
Waterbottle or canteen	This should be affixed firmly to the pack or hip to avoid bouncing around.	Personal Gear Checklist
Whistle	For emergency use when lost in the woods.	Personal Gear Checklist