

WINTER CAMPING

PERSONAL GEAR CHECKLIST

Note: "Quantities required" are for a 2 night camp

Name: _____

Item:	Specific Recommendations:	Amt. REQ'D	<input checked="" type="checkbox"/> APPROVED	<input type="checkbox"/> REQUIRED!
Day Clothing:	Note: MEC discontinues items – this list tries to be up-to-date – call JL if item is not on MEC's website.			
<u>NO</u> cotton clothing of any kind!	Ladies: This list was made for boys – adapt as necessary			
• underwear	Good: MEC T1 Classic Boxer Briefs	2		
• <u>warm</u> wool, polypropylene or nylon blend socks (nothing is better than socks with a high wool content)	Warm: Great Canadian Sox Company Super-Wool Hiker GX Socks Warmer: Thorlo Extreme Cold Over-Calf Socks	2		
• long underwear tops [base layer] (MEC T1 = light T2 = medium & T3 = heavy weight)	Good: MEC T1 Zip-T \$35 Warm: MEC T2 Zip-T \$39 Warmer: MEC T3 Zip-T \$49	2		
• long underwear bottoms [base layer]	Good: MEC T1 Long Johns \$32 Warm: MEC T2 Long Johns \$35 Warmer: MEC T3 Long Johns \$37	2		
• winter pants [mid layer] (No jeans – no cotton sweat pants!)	Good: MEC Watchtower Fleece Pants \$29 Better: MEC Snowfall Pants (soft shell) \$95	1		
• wool or fleece sweater [mid layer]	Good: MEC Khamsin Hoodie (on sale) \$55 Good: MEC Coaction Fleece Sweater \$79	1		
• down or synthetic puffy jacket [insulating layer] when the sun goes down, the temperature plummets . . . make sure you have something warm to put on (an extra layer will help keep you warm after dark)	Needed for standing around at camp or when paused during a hike. No current recommendation.			
• waterproof jacket [outer layer]	Good: MEC Hydrofoil Jacket \$145	1		
• waterproof pants [outer layer]	Good: MEC Hydrofoil Pants \$90	1		
• lightweight liner gloves	Black Diamond Welter Weight Gloves \$19 MEC GÖTO FLEECE GLOVES \$19 Black Diamond Heavy Fleece Gloves \$45	1		
• waterproof winter gloves (Mitts are always far warmer than finger gloves)	Good: MEC Overlord Mitts \$40	1		
• wool or fleece toque		1		
Foot Wear:				
• <u>warm & waterproof</u> winter boots	Hiking Boots (needs GOOD socks): Hi-Tec Altitude V WPI Hiking Boots \$125 Merrell Norsehund Omega Mid Boots \$129 Pack Boots: Sorel Alpha Pac XT Winter Boots \$139 Baffin Arctic Winter Boots \$125	1		
* Waterproof your boots: * Buy the waterproofing recommended for the type of boot you purchase and apply it before using your new boots! * If in doubt, slather "Dubbin" on leather boots. * Make sure you can freely wiggle your toes in your boots – these helps prevent cold issues				
• Insoles: Felt insulating insoles with reflective thermal footbeds can be added to your boots to give you a little more protection from the cold.	Walmart sells a thermal felt shoe insole for \$5 (photo & info from amazon.com here)			
• Gaiters	Highly Recommended: MEC Kokanee 2 GORE-TEX Gaiters \$45 Waste of Money: MEC Nylon Gaiters \$18 [NOTE: the nylon gaiters have a zipper & are hard to put on, freeze up & don't breathe]	1		
Night Clothing:				
• fresh sleeping tops & bottoms (see day clothing)	NOTE: just use your 2 nd pair of base layer tops & bottoms and then keep them on and wear them the next day	1		
• fresh/warmest socks (see day clothing)		1		
• wool or fleece hat (see day clothing)		1		
• balaclava (great for sleeping in!) (optional)	Light: CTR Mistral Balaclava \$20 Heavy: Seirus Hoodz \$37	1		

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Sleeping Gear:				
<ul style="list-style-type: none"> winter weight sleeping bag (with compression bag* [see below] and <u>waterproof</u> stuff sack or plastic bag) <p>Choose: -20°C to -30°C (Don't let store clerks sell you anything less!) Regular (6') or Long (6'6") –and– Right or Left Side zip (if you are right-handed, generally go with left side zip).</p> <p>Try your bag before you buy to ensure that you are comfortable sleeping in it! Compare the width of different bags at hips and shoulders to get a bag that fits your body.</p> <p>Consider buying the next length size up to give yourself more room to store clothes, etc. at the bottom of the bag.</p>	<p>The MEC -20° Hybrid and the MHW -26° Lamina Blaze are my top recommendations for affordable winter bags:</p> <p>MEC -20°c Phoenix Hybrid Sleeping Bag R \$290</p> <p>Mountain Hardwear –26°c Lamina Blaze R \$280</p> <p>If you are willing to blow the budget, consider investing in a Marmot Col -29°c down bag or, the ultimate, a Western Mountaineering Puma Gore WS -32°c bag.</p> <p>Note: MEC has spring and fall 10% off days for Scouts (worth it for "big ticket" purchases).</p>	1		
<ul style="list-style-type: none"> Fleece sleeping bag liner (warm, comfortable & keeps your expensive sleeping bag clean!) (optional) 	<p>MEC Fleece Sleeping Bag Liner (Mummy or Barrel) [recommended]</p> <p>Note: The barrel liner is far thicker than the mummy liner (warm and cozy but heavier).</p>	1		
<ul style="list-style-type: none"> insulating sleeping pad (the "R" value indicates the level of insulating value of the pads....the higher the number the higher the insulating value) 	<p>Good (R3.8): MEC Reactor 3.8 Sleeping Pad [Buy the 6' Regular size not the Short size]</p> <p>Better (R4.1): Exped Downmat Lite 5</p> <p>Best (R8): Exped Downmat 9 XP [The Downmat 9 is expensive & heavier than Thermo-Rest style but offers TOTAL insulation]</p>	1		
<ul style="list-style-type: none"> 2nd closed-cell foam pad (you can add a second closed-cell foam pad under your mattress to increase its insulating value) (optional) 	<p>Foam Pads Stocked at MEC</p> <p>Therm-a-rest Ridgerest Solite \$27</p> <p>Therm-a-Rest Ridgerest Solar (hard to find)</p>			
<ul style="list-style-type: none"> ground sheet (optional) 	All Weather Emergency Blanket	1		
<ul style="list-style-type: none"> *sleeping bag compression stuff sack <p>Note: New item at MEC: OR 3 Stuff Sack Collection (has 15 litre compression bag [good for summer sleeping bags or pure down winter bags only] plus regular stuff sack plus mesh ditty bag) \$50</p>	<p>O.R. Ultra-Light Compression Sack O.R. Air Purge (Waterproof) Compression Sack Please make sure your Scout can stuff his sleeping bag into his compression sack (MEC -20 Hybrid Sleeping Bags need at least a 25l. sack).</p>	1		
<ul style="list-style-type: none"> 1 litre Nalgene wide-mouth "pee bottle" for the guys (buy the "glow-in-the-dark" bottle so everyone knows what it is for ☺) (optional - but very handy) 	Nalgene Glow-in-the-dark			
Mess Kit:				
<ul style="list-style-type: none"> mesh mess kit (mesh) bag containing: 	<p>REI Mesh Stuff Sacks OR Mesh Ditty Bags (I don't see MEC listing these at the moment)</p>			
<ul style="list-style-type: none"> * plastic insulated bowl 	GSI Nesting Bowl \$7.25	1		
<ul style="list-style-type: none"> * insulated plastic mug 	GSI Nesting Mug \$7.25 MSR Insulated Mug \$8.25	1		
<ul style="list-style-type: none"> * plastic cutlery 	(avoid metal cutlery - plastic won't freeze to skin and loses heat less quickly)	1		
<ul style="list-style-type: none"> Freeze-dried specialty eating implements 	<p>Optimus Heat Pouch (keeps dinner warm for the 10 minutes required to rehydrate the contents + gives you a nice way of holding the otherwise very hot pouch while you eat)</p> <p>Optimus Titanium Long Spoon (let's you eat from a freeze-dried meal pouch without getting goop all over your knuckles and fingers)</p>			
<ul style="list-style-type: none"> 1 litre water bottle (wide mouth screw-on lid) 	1 litre Nalgene Everyday Wide-Mouth Loop-Top Water Bottle	1		
<ul style="list-style-type: none"> 1 litre water bottle "parka" – prevents water from freezing (highly optional) 	Outdoor Research Water Bottle Parka			

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Toiletries:				
• personal toiletries kit including:	soap (biodegradable) & a face cloth or micro-fibre travel towel <i>(highly optional)</i>			
* tooth paste & brush (travel size)		1		
* roll of toilet paper (in sealed ziplock bag)	= The "11 th Essential" MANDATORY	1		
Camp Gear:				
• backpack - You want sufficient space to carry all your gear <u>along with your share of the group gear</u> (tent, stove, food, etc.) - backpacks are sold in short, regular & long (torso) sizes - Make sure the waist belt fits the person wearing the pack! This is critical to carrying the load (80% of the weight is carried on the hips).	MEC Serratus 70 2.65 kg \$209 MEC Eos 80 2.53 kg \$189 MEC Eos 65 2.36 kg \$179 MEC Brio 75 2.34 kg \$139 MEC Alpenlite 75 2.04 kg \$159 Consider the weight of the pack: the difference between the heaviest and lightest packs above is nearly 1.5 lbs/ 0.61 kgs. [≈70–80 litre packs are recommended over the smaller volume packs: the youth will grow into them & the incremental cost is minimal – they also need room to carry their share of group gear]	1		
• backpack rain cover (optional)	MEC Rain Cover	1		
• daypack (optional but highly recommended for day hikes – a school backpack will do)	MEC Adventurer Daypack MEC Air Hike 28 Backpack MEC Exorcist Daypack	1		
• daypack rain cover (optional)	MEC Rain Cover	1		
• sunglasses <i>[mandatory in snow]</i>		1		
• sunscreen		1		
• small personal first aid kit (especially blister treatment)		1		
• personal emergency kit (blister treatment)		1		
• headlamp (with extra batteries) <i>[mandatory]</i>	Good: Petzl Tikina Headlamp \$20 Better: Petzl Tikka Headlamp \$30 Best: Petzl Tikka XP Headlamp \$56	1		
• Sit pad (insulating pad for sitting on)	Poor: Therm-a-Rest Z Seat \$14 Okay: Zotefoams Blue Foam Bum Pad \$12 Best: MEC Seat Cushion \$17	1		
Miscellaneous: (The Rest of the "Ten Essentials")				
• Emergency whistle on lanyard <i>[mandatory]</i> (Bring it! Wear it!)	Good: Fox 40 115 db. \$4 Better: Fox 40 Sharx 120 db. \$7	1	Buy a "FOX"	
• Knife (small folding lock blade)				
• BiC Cigarette Lighter(s) and/or <i>[mandatory]</i> • Strike anywhere matches in a waterproof container				
• Large bright orange plastic bag	If anyone finds a source for the really bright orange bags, please tell me.			
• Compass	Classic: Silva Polaris HiViz Compass Classic: Suunto A-10 NH Compass Pro: Suunto MC-2G Global Sighting Compass			

1st Mountaineer Scouts

UPDATED: December 14, 2016

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Backcountry Travel:				
<ul style="list-style-type: none"> • Snowshoes - Snowshoes with a televator (heel lift) are highly recommended for anyone wanting to hike up to Upper Joffre Lake. The heel lift relieves the stress on the back of your calf muscle when ascending steep slopes. [MSR snowshoes called "Ascents" all have heel lifts] - for weekend rentals MEC has a great deal where they charge you for two days but let you use for three days AND let you pick-up day before (i.e., on Thursday after 4pm) and drop-off the day after (i.e., on Monday before 1pm) 	<p>Good: MSR Evo Ascents 22" \$200 Good: MSR Revo Ascents 22" \$280 Good: MSR Lightning Ascents 22" \$350</p> <p>- you can rent MSR Evo Ascent 22" for \$10 a day from Valhalla Pure Outfitters in Squamish</p> <p>- you can also rent them from MEC (tell them you are Scouts to get ½ price rental)</p>		SNOWSHOES ARE MANDATORY FOR JOFFRE LAKE CAMPS	
<ul style="list-style-type: none"> • Trekking Poles (or old ski poles) 	<p>Highly Recommended</p> <p>- they act as a 3rd point of contact/balance to prevent falls and greatly assist in ascending and descending steep slopes</p>			