



# Troop 52

Hingham, Massachusetts

## Suggested Equipment List (Winter)

**Recommendations:** Think layers – It's always easier to loose a layer then to change entirely. Try minimizing the amount of cotton you bring as it dries slowly and will not keep you warm when wet. Remember your pack should weigh at most 1/3 of your body weight.

### Clothes:

	Ball cap (Brimmed)
	Long sleeve shirt (1 per day).
	Long underwear (bottom & top, top can double as undershirt).
	Nylon (wind proof) Jacket
	Fleece jacket (zipping into the above jacket is even better).
	Belt
	Long pants (1 pair per 2 days) (zip off style recommended).
	Underwear (1 pair per day).
	Light weight socks
	Heavy-duty synthetic or wool hiking socks (please avoid cotton).
	Polypro Inner sock liners (prevents blisters) (again please avoid cotton).
	Pair of sneakers (1 pair).
	Pair of hiking boots (1 pair).
	Rain gear (Ponchos are light weight, but rain suits keep you drier. Choose based on pack weight).
	Winter style beanie hat (Did you know we loose 90% of our body heat through our head?)
	Winter Jacket
	Snowpants

### Other Equipment

	Mess kit
	Utensils (Fork, knife, & spoon – metal or hard plastic).
	2 Water bottles (Recommend Nalgene)
	Sleeping bag
	Thin air mattress/ground pad
	Letherman/pocket knife
	Compass
	Whistle
	Lighter/matches
	Bandana
	Sunglasses
	Bug Spray
	50' of light Nylon parachute cord (50 foot "Camo-Cord," \$1.46 at Wal-Mart)
	Sm. first aid kit (You can make by seeing the: BSA Handbook)
	Sm. flashlight & batteries (Can be any style, but a headlamp enables use of both hands -- \$8 at Wal-Mart)
	Pen & pocket pad of paper

### Toiletries:

	Hand soap
	Shampoo
	Deodorant
	Toothbrush & toothpaste
	Razor & shaving cream (if necessary.)
	Comb
	Earplugs (Priceless when your tent-mate is snoring.)
	Fast drying towel