

PERSONAL KIT LIST – Winter Camp

This list is to provide a guide to the personal kit required for a Winter Camp. It is not recommended for mobile expeditions. It is a subset of the 'extreme conditions' kit list for Gold DoE and above

Note: Explorers are responsible for their own belongings. Any loss or damage is their own responsibility and not that of the Leadership Team. We do not insure kit.

WINTER CAMPS ARE MUDDY, COLD, WET, ICY AND DANGEROUS TO THE INEXPERIENCED.

We encourage Explorers to pack and maintain their own equipment, as this is the only way that they will be able to find it in the dark, or in a hurry. Please practise using your expedition kit at home, with friends, in the garden or walking about until you are confident in using it and can use it without having to read the instructions

Shared Kit (per 2/3 people)

Tent + Groundsheet	We can provide enough tents for all - however: your own good tent is one of those things that you will never grow out of. They represent a substantial investment, but can receive an awful lot of use over the four-year career of an Explorer Scout, as well as having family and social value. Knowing how to pitch and store your own tent can save vital time on expeditions. The weather at summer camp is notoriously variable, with cold nights, hot days, and the risk of summer storms. A lightweight (sub. 3.1kg) two or three person tent is a pleasure to use. Good brands include Vaude, North Face, MSR, Terra Nova, Wild Country, Mountain Hardware, Vango, Coleman and Blacks. Don't bring 'music festival tents' as they simply aren't up to the job. You can, of course, share with a friend to spread the cost
Food and snacks	As agreed by the team – sufficient for all meals (lunch – dinner – breakfast – lunch) and hot drinks over 48 hours. Lightness, but with an eye on digestibility, interest, taste and ease of preparation are important here. For winter stick to high calorie foods with a good balance of carbohydrates, fat and protein. Assume you will need at least 3,000 calories per day to stay active at freezing point and at least 3 litres of fluids. Very roughly that is 1200g of high energy foods per day and 6 mugs of tea or soup. Think carefully!
Camp Stove and Fuel	We can provide these, but, as always, if Explorers have kit they know, it is good to bring it. One stove between two people, with enough fuel for 7 meals (6 planned and one emergency) is the right balance. We like Trangias (especially the 'mini' size), but modern gas fuelled micro-stoves and pans are now very affordable. BE AWARE – butane (blue canisters) freezes at about 0C, so you must pack Propane, alcohol or petrol based fuels for winter conditions (generally 'red' canisters)
Pots and Pans	We can provide. Small, light, stacking and easy to clean are the watchwords, and Teflon is your friend here. Use them to store and protect fragile items (like matches, alarms, etc) while walking.
Washing up kit	Pans can be their own washing up bowls, but you need to bring half a 'non-scratch' pan scourer, some soap, and a cloth to clean everything with. (We put washing up liquid in an old hotel shampoo miniature bottle!)
Tea Towel	Please bring one, and do not expect it to return home alive.
Camera	We all like to see good pictures from camps and expeditions. We are happy for people to bring a small camera, bearing in mind hike conditions can be hostile to electronics and optical equipment. A soft cloth bag, inside a plastic bag, is the minimum protective equipment for a digital camera. Smaller and lighter is better. Optional , but important for DoE 'expedition objectives'!
Repair kit	Optional – many people have found it helpful to pack a bit of duct-tape, some twine and some simple glue (like Bostic). All sorts of things break, and being able to repair a hole in tent, fix a broken rucksack strap, or jury-rig a drying line may come in very handy.

Personal Kit - Sleeping	
Sleeping Mat (Roll Mat, Self Inflating, etc)	You squash your sleeping bag under your weight, and lose heat to the cold ground very fast. Cold nights and lack of sleep can seriously spoil your enjoyment of camp. Worse, you can succumb to hypothermia while asleep, which is very dangerous indeed. A good lightweight sleeping mat is an essential part of equipment. We recommend something weighing under 700g like a 'Therm-a-Rest', or cheaper and lighter 'closed cell' Karri-mats (They can last 25 years). For Winter camps we recommend bringing two mats and stacking them, or piling your worn clothes under the mat to insulate you from the ground.
Sleeping Bag (3 or 4 Seasons)	A good sleeping bag lasts 10 or more years, and most Explorers should buy one in an adult size. We recommend that you look for something under 2 kg in weight, and preferably down-filled. A 3-4 season bag is a good idea. Look for ratings around -10C to +10C. If cold, then, rather than buy an expensive (and possibly too hot) 4 season bag, we recommend buying a silk or cotton sleeping bag liner as well. Brands like Vango, Coleman, Technicals, North Face, Marmot, Mountain Equipment and Vaude are all reliable. For winter camps, consider bringing a second sleeping bag, and if it is cold, putting one inside the other. It works.
Pillow	Most Explorers learn to roll pillow up using a T-shirt and a towel. However a small inflatable pillow or a collapsible travel pillow is a fine luxury for a comfortable night.
Pyjamas, bed socks and hat	Consider specific non-cotton nightwear for camp. Long johns, soft wool tops, Merino layers, thin fleece suits and the like are great for winter camps. Soft, warm, socks and a soft warm hat really transform the experience if the evening temperatures drop. For winter camp all over nightwear, hat and socks is vital for safety and comfort.

Personal Kit - Clothing	
Explorer UNIFORM	Please wear your neckerchief, or scarf, whenever you are offsite or mixing with other Units.
Walking Boots + Suitable socks	Good socks and boots are vital to camping and walking. Trainers simply do not provide enough protection from heavy objects, axes, tent pegs, or rocky ground. They also get wet and are liable to let in mud and water. Unfortunately young Explorers' feet grow very fast, and they may only get one or two seasons of use from a pair of boots. We therefore encourage you to swap boots down to younger Explorers when you buy new ones! We recommend buying a modest pair of boots at first. Choose them carefully, spending at least 10 minutes in the store wearing them while walking up and down the stairs. Always take advice from a quality outdoor shop. Once your feet stop growing, then it is the time to invest in some serious boots. Two pairs of socks - a thinner wicking pair on the inside, heavier woollen or technical fabric socks on the outside - are the key to a blister free life. Talc or foot powder is a sensible thing to have when the weather is warm. Spare laces are very highly recommended. Your boots are your friends at winter camps.
Hiking / Activity Trousers leggings and tights	Avoid cotton. Go for polyester or other robust and fast drying technical fabrics. Explorer activity trousers are great, as are any of the many combat style trousers that copy the classic designs of Rohan. They are perfect for camping, in that they dry quickly, can be hand washed, and are robust. Remember to bring a belt... ('Craghopper' brand is currently very good value). If you can find trousers that zip off into shorts, even better in the summer. Be very sure to test them by wearing them all day to ensure they do not chaff! At winter camps, consider putting leggings or tights under your activity trousers. Yes, boys can wear winter tights when it is cold, and they will thank themselves for doing it. If you have ski-wear trousers, these are great for warmth, but are generally too 'loose' for activities and are very expensive. Considering the risk of mud, tears and water, they may not be ideal for camping, unless you have an old/spare pair to risk.
Inner and Outer upper body clothing	Thin layers piled on top of each other for day wear, long sleeves please. You will be active, so will need to adapt clothing to your activity level, hence thin layers you can stack and remove easily. Zipped tops help as well. Base layers will be on for 24 hours or so, and will absorb sweat. Look for wicking base layers, merino wool layers, or specialist 'bodies' (such as Helly Hanson and the like). Put an active

Personal Kit - Clothing	
	<p>layer over that (like an activity shirt).</p> <p>Finally, on top, put a warm, adjustable fleece. (Modern 'smartwool' Woollens are fine, 300 rating fleeces better)</p> <p>Over all of that, given that wind and rain are expected and normal, ensure you have a layer that is windbreaking/windproof and waterproof. Some combine that into a jacket, others rely on an older 'cagoule' that can be washed off to remove the inevitable mud and dirt. See below for waterproofs.</p>
Daily Change of Underwear	<p>Granny was right. Always dress in layers. We are huge fans of modern technical wicking fabrics in underwear, and inner layers to go underneath fleeces. Merino wool icebreakers have to be tried to be believed... Modern under layers are light, dry quickly, can be hand washed, and do not build up body odour. They can be worn in water, and provide some screening from the sun. T-Shirts have their uses elsewhere, but cotton is a damp, heavy, and difficult to clean fabric so best avoided. It should go without saying that you either need to bring sufficient changes of underwear, or be prepared to wash the ones you have by hand. It is quite possible to get through more than one pair of socks or pants / knickers per day when on activities so an extra spare pair is a good idea.</p>
Waterproof Jacket and Trousers	<p>It is difficult to buy good waterproof jackets and trousers for Explorers as they tend to grow out of them rather quickly. We recommend sale-shopping for a jacket and trousers one size (at least) too big and, wherever possible, to buy a vented and breathable jacket made in a modern waterproof fabric (such as Triple Point, Gore-Tex, or e-Vent). Basic Pertex waterproof trousers are usually adequate.</p> <p>If rain really sets in, and it often does at winter camps, the quality and performance of your waterproof will dictate how you resist the rain and cold.</p> <p>See above for notes on considering using an old waterproof jacket as a wind break or mud shedding layer</p>
Hat and Gloves	<p>It may seem odd to recommend bringing a hat and gloves in addition to having a hat and gloves for night wear, but there are reasons for this. The UK can always become be cold, and wet windy weather can make hands very cold indeed. A water-shedding baseball cap, ranger hat, or beanie, plus some fleecy windproof gloves might make all the difference at winter camp. Female Explorers, in particular, suffer from cold hands, and cold hands can be a major safety issue on some activities.</p> <p>Old ski gloves are ideal here, then, if you have some</p>

Personal Kit - Hardware	
Route Card, paperwork	<p>Everyone should have contact details for the team, the Home Contact and event cards in a waterproof carrier at all times.</p>
Compass	<p>Useful, especially on larger sites. Silva type are best, we can lend them. Learn to use them, and USE THEM.</p>
Map	<p>Most Winter camps will have a site map. Use it.</p> <p>For outdoor events, use an OS map. We can lend them and 25,000:1 scale or better is preferred. Even if you have GPS, you still need to use maps. We would rather you learned to map read first (as maps have no batteries to run out and work even when dropped off a cliff).</p>
Matches or lighter	<p>Stoves and fires always need to be lit. Carrying a way to make fire in a waterproof container (film canister, zip-lock bag, etc) is a good way of ensuring you get fed, watered and warmed.</p> <p>At winter camp, if everyone has a means to light the burner for a hot drink, everyone is happy.</p>
Mug	<p>Your mug soon becomes your very best friend. Buy a nice light one that holds at least 400ml. For the really keen, marking 50ml steps inside the mug can really help with camp cooking! For winter camps, consider an insulated or lidded version that will keep drinks warm for longer while you drink them</p>
Water bottle	<p>Water bottles are essential for hiking, and vital at winter camps as dehydration is a major</p>

Personal Kit - Hardware	
	risk when active in the cold. A bottle that translucent and marked in millilitres is a good investment. A 1 L size is most useful. If you have them, Platypus or Camelbak hydration packs are fine and convenient (though they need special packs and can be 'popped' or pierced in rough use.)
Lunch box	Something to stop food being crushed on hikes. Many of us just grab an old 1L ice cream tub for this purpose. Small and light is key.
Knife, Fork, Spoon	(for hike) Lightweight packing camp cutlery can be very, very useful. Increasingly people find they can save cost and weight by simply buying a 'spork'.
Bowl & Plate	(for hike) Lightness and robustness are the keys to camp crockery. And deeper bowls are more useful than shallow ones. Plastic is fine, Aluminium or light alloys are also fine.

Personal Kit - Hygiene	
Toiletries and personal hygiene items	Everyone has their own preferences for hygiene items, but we insist that people do not bring aerosols . Experienced campers will usually find room to slip half the toilet roll into a waterproof zip lock bag just in case. Alcohol or Gel hand wash tends to cause less mess than soap, and can be had in environmentally friendly formulas. Body Wipes are a wonderful new invention for lightweight hikes, and make sharing a tent much less odorous.
Towel(s)	It is usually a good idea to take a half of a full size towel, either as a pillow, or for cleaning up after falling in a lake, swimming pool, or canal! Choose towels for their lightness and expendability. (Dunelm do some nice cheap microfiber towels right now). For winter camp take two full-sized towels: one for your body and one for the mud. Use both as extra insulation, pillows or blankets at night.

Personal Kit - Equipment	
A full-size rucksack	<p>A full-size rucksack in the range of 55+ L for women and 65+ L for men is essential for expedition camping. Ensure you have one with the right frame shape, belt and straps for your gender.</p> <p>It needs to have shoulder straps, chest band, hip belt and a good range of adjustment. Try many on to learn about comfort and fit before buying.</p> <p>Modern technology has made them much lighter, tougher, more waterproof, and more comfortable than even five years ago. Buying new makes a great deal of sense, unless you have a friend you can borrow a new one from. It is essential to take professional advice and have them fitted after wearing them fully loaded in the store. Explain that they will get 10yrs of use up to Gold DoE when buying them. Reliable brands include Lowe Alpine, Go-Lite, Osprey, North Face, Vaude, Karrimor, Berghaus and Technicals.</p> <p>For winter camp, you might also consider using a 'sports pack' style bag that is top opening and is easier to store and rummage in.</p> <p>Whatever you bring, ensure EVERYTHING is packed into waterproof bags, inside one larger waterproof bag lining the whole pack.</p>
Walking Poles	<p>Very much a matter of choice, but make walking with a pack much easier and can be pressed into all sorts of useful services (such as making windbreaks with jackets, drying clothes, holding tents open and pressing through nettles). Recommended if you have them.</p> <p>At winter camp you may find they make a useful way to cross ice, snow, mud ...</p>
Emergency Rations	Obligatory – approx 1,000 calories of easy to digest food (cereal bars, mars bar, mint cake, that sort of thing), packed tight and waterproof. Strictly for emergencies.
Personal First Aid Kit	Obligatory - You may not hike or participate in adventurous activities without one. This is very much your own first aid kit, and will contain medicines, tablets, creams, plasters, non-stick dressings, and the like. In summer hikes, rehydration salts / isotonic drink sachets are a very good idea. It is essential that this first aid kit also contains complete contact details, and a record of any medical conditions pertinent to the person carrying it. We strongly discourage explorers from sharing any medicines, even mild painkillers, because of the risk

Personal Kit - Equipment	
	<p>of an adverse reaction.</p> <p>The most common injuries at camp are small cuts, minor insect stings, and small burns. Bringing treatment for those is generally considered wise.</p> <p>Sunscreen is also 'vital'. We urge Explorers to bring sunscreen – they can be spending up to 14 hours a day in the open air, and sunburn is both likely and serious. What? At winter camp? Yes, because the sun can still shine and the wind will blow. Sunscreen, or a decent moisturiser can quickly become important (as it does when skiing!)</p>
Mobile Phone	<p>Mobile phones can be controversial in Scouting: on one hand they are menacing distraction when safety critical, or time critical, information is being handed out; and on the other hand they can be a lifesaver when groups become separated. On balance we recommend that Explorers carry them, but that they do not use them to listen to music, and keep them switched off except to report location to examiners/trainers by text. Be aware that we won't provide recharging facilities for mobile phones.</p>
Whistle	<p>Small, shrill and kept on a lanyard. Please learn the UK emergency signal sounds before you use it. Obligatory.</p>
Penknife	<p>Of legal size (under 3"), very sharp, and of good steel. Spring, butterfly and lock knives are illegal, as are blades over 3" (rules are complex, so look them up). We recommend the original Swiss Army knife.</p>
Watch / Alarm clock	<p>A good watch – robust, and preferably analogue. Analogue watches can be used for navigation and competitions as well as telling the time quickly. Most phones have alarm functions, and we all know how hard Explorers find it to get up in the morning, so something loud is recommended.</p>
Money	<p>We suggest that a brightly coloured wallet containing contact details and the name of the Explorer unit is used as this is much more likely to be found and returned from the undergrowth.</p> <p>Winter camp at Gilwell has plenty of places to help you spend money.</p>
Torch + Spare Batteries	<p>Modern lightweight LED torches, especially head torches, have revolutionised nighttime. There is no need to bring a searchlight, and generally we encourage people to exercise their night vision. Having said this, a head torch for finding one's way around a tent at night is a very good idea. (Models like Petzel and Black Diamond are pretty reliable)</p>
Plastic Bag (for laundry)	<p>You can rig a clothesline to dry clothes upon, but we do suggest that worn or soiled clothing is kept separate from clean. Winter camp means MUD, so make sure it is a big black plastic sack for your filthy kit!</p>
Pencil & Notebook	<p>There are lots of things to keep track at camp, and on expeditions, so a small pencil and notebook in a waterproof zip lock bag can make all the difference. Required to take notes for DoE 'expedition objectives' as well!</p>
Survival Bag	<p>Bright orange, literally life saving, and an obligatory item for all expeditions. At static Winter camp, you only need one per group.</p>

Not recommended / Banned	
Jeans	<p>Heavy, wet, chaffing and totally unsuited to walking in.</p>
High caffeine / Energy drinks	<p>Fun once, but never twice in 24 hours. You'll already know why, or an Explorer can tell you how daft it is to gabble on insanely, crash, and feel sick. Don't rely on them in cold weather, and instead stay warm, hydrated and rested.</p>
Anything made of cotton	<p>It really is a bad idea when wet and cold</p>
Huge bags of sweets	<p>The sugar rush is fun. The sugar crash and toilet runs afterwards are rarely as funny. You will also forget to eat proper meals, which is a safety issue at winter camp.</p>
Nylon shell suits	<p>These go up in flames far too easily, and definitely not recommended! In emergency they can be a mud shedding layer for activities, but do remove them before going into the kitchen!</p>

Not recommended / Banned	
Heavy Things	You have to carry it, after all. If you cannot live without it, then always choose the lightest.
Dangerous Things	Think before packing it. Fireworks and the like are banned on sites.
Expensive Items / New Clothes	Should be self-explanatory, given the risk of damage, loss, and general filth.
Any items banned by National or Scout law	<p>Banned - Will be confiscated and returned to parents at the end of camp. Use will result in dismissal from DoE expeditions, and may result in legal action.</p> <p>Specifically, at winter camps, alcohol is extremely dangerous to young people. In addition to removing 'common sense' (and that alone can kill you in cold weather), it flushes warm blood to the skin and chills your core temperate (this can kill you). It is also banned at national sites and plain stupid in any case.</p>