

Winter Camping Packing List

Girl Scouts will provide snowshoes and hiking poles for the girls along with group gear such as cooking kits, food, snacks, sleeping pads/cots, and so forth.

- Girls are responsible for all their own clothing, Please do not bring cotton-based items since it does not dry quickly, nor retain any insulating properties once wet with snow, rain, sweat, etc.
- If you need assistance with clothing, contact Lauren at lraivan@gsutah.org or 385-226-6162

Clothes

- Underwear/Bras: 3 pairs of underwear and 1-2 bras (please no cotton)
- Socks: 3 pairs of medium to heavy weight wool socks (please no cotton socks)
- Boots: Solid pair of snow boots (important for keeping feet warm and dry)
- Shoes: A pair of tennis shoes for the lodge
- Pants:
 - 2 Long underwear/winter base layer bottoms
 - 1 Fleece pants for a mid-layer
 - 1 Snow/ski pants for the outer layer
- Tops:
 - 2 Long underwear/winter base layer tops
 - 1 Long sleeve polyester or wool top
 - 1 Fleece jacket/shirt for a mid-layer
 - 1 Snow/ski coat for the outer layer
- Gloves: 2 pairs of warm gloves
- Hat: 1-2 hats that are functional
- Scarf: 1 scarf will help keep your neck area warm



Gear

- Headlamp and/or flashlight: Check your batteries please.
- Toothbrush/toothpaste
- Hairbrush
- Contacts/glasses
- Feminine hygiene items if needed
- Water bottles: 2 bottles that have between 24-32 ounces
- Sunscreen (SPF 30+)
- Sunglasses (this will save your eyes from the reflection of the sun on the snow)
- Lip Balm (with SPF if you can)
- Hand warmers and feet warmers (the instant packets for your gloves/shoes)
- Backpack (to carry water bottle, some layers, snacks, and so forth while hiking up to camp - please don't bring drawstring backpacks)

Sleeping

- Sleeping bag: If you have a non-cotton based sleeping bag, please bring it. Camp does have sleeping bags we can use and plenty of fleece liners for the girls' sleeping bags to ensure they are warm if they chose to sleep outside.
- Pillow: Small, compacted pillow if you have one otherwise a normal sized pillow is fine.

Optional

- Book
- Journal
- Camera

Leave at Home

- Candy, gum, sodas, etc.
- Cell phones
- Electronic devices or expensive items