

ARCTIC/COLD WEATHER GEAR



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Necessary Clothing

Layers

Layers are extremely important. When you get warm, you can take a layer off. When you get cold, you can put a layer back on.

Base-layer

It is the first layer of clothing on your body. The base-layer consists of a long sleeve shirt and long underwear. The base-layer fabrics should wick away moisture. They need to fit taut but not too tight. They are usually made of wool, polyester, etc. They should not be made out of cotton.

Warm pants and shirt/jacket

These are the second layer of clothing. Thick pants such as sweats and a long sleeve shirt that is not too thin will work fine. If a shirt is not enough, you can wear a light, loose zip-up sweater instead or over the shirt.

Snow pants and jacket

These are the last and outer layer. They need to be waterproof, wind proof, and insulated. They are the thickest clothing of all the layers. They need to be the right fit for your body and can not be too short or long. The jacket should have a hood.

Scarf and beanie/hat

It is important to keep your ears and neck warm. I would recommend a thick wool scarf and beanie/hat.

Socks

Always have extra socks. If you think you have enough, you need more. If your socks get wet or dirty, you will need to change them asap. You need thick wool socks. They need to be long. You can wear wool socks over thin liners which will prevent blisters when walking in boots. Liners can also be used for more insulation.

Boots

Your boots should be designated snow boots. They are extremely important to surviving in winter climates. They need to be insulated and warm, waterproof, and tall. If they are not, you could quickly end up with frost bite. Your boots need to be sturdy and thick, but not too heavy. You can use gaiters for additional protection.

Gloves

You need a good pair of snow gloves. If it is cold enough and you do not have gloves on, you could quickly end up with frost bite. (I fortunately did not get frost bite on my hand, but it came close, and wow it hurts!) Try to find the thickest, multiple layer gloves that are still easy to use. They need to be insulated and snow proof.

Necessary Accessories

Water bottle

You have to stay hydrated especially up in high elevation. Make sure you always have water with you and drink it frequently (more than you think you have to, even if you are not thirsty).

Hand-warmers

If your limbs get too cold, it is important to heat them up right away to prevent them from getting colder. Hand-warmers work great because they are little packets that can fit in your pocket for easy access. They are easy to use, and they heat up when exposed to air.

Goggles/sun glasses

You need to shield your eyes from the bright snow. The reflection of the sun on the snow can cause you to develop photokeratitis (snow blindness). It can lead to more serious problems in older adults.

Chapstick and sunblock

You should put on chapstick and sunblock when it is bright outside. The sun's reflection on the snow makes it easier for your skin to get burnt. Also, it is usually dry in high elevations, so chapstick will help keep your lips moist.

Personal hygiene kit

You need your personal hygiene kit which includes toothbrush, deodorant, etc. To stay clean and healthy.

Optional Clothing

Earmuffs, balaclava (ski mask), etc: you can use these items to stay extra warm. A balaclava can also keep your face from getting burnt by the sun.

Optional Accessories

Lotion

At high elevation, your skin gets drier than at sea level. Lotion will keep your skin smooth and moist.

Sled

Sledding is a fun pastime activity when hanging out in the snow.

Cards, board game, etc

Playing a game is fun while staying warm in your cabin.