

Annapolis Rock Winter Backpacking Equipment Guidelines

(Adapted from the previous Annapolis Rock flier)

FOOD and EQUIPMENT:

- SLEEPING BAG: Use 20 degree rated bag if possible. Contact an adult leader if you do not have one.
- WATER: Minimum 2 liters (quarts) for drinking plus whatever you need for cooking dinner and breakfast. There is a spring but we can't count on it.
- FOOD 1: Bring ready-to-eat lunch for Saturday plus snack food.
- FOOD 2: Patrol cooking for Saturday dinner and Sunday breakfast. Make sure you know who is bringing dinner, breakfast and cook gear. Check with your Patrol Leader if in doubt.
- RAIN GEAR: Do not leave home without it – we can't afford hypothermia.
- TENT: There is no shelter at Pogo so everyone will need a tent. Please coordinate with you fellow patrol members or other scouts.
- UNIFORM: No Scout uniform needed for this trip.
- MONEY: Bring \$ for lunch on Sunday.
- Adults will bring stoves and fuel.
- We will have a campfire, but we will have to forage for wood.
- There are some excellent backpacking checklists on the T-255 website under the Lists hyperlink. Our standard "Mr. Rose's New & Improved Packing List For Backpacking" can also be found under Lists at http://www.t255.com/080518_PackingListForBackpacking.pdf

ADVICE ON HOW TO DRESS:

For a full discussion of how to dress for colder weather see T-255 web site. Click on Pack Lists, and then select Dressing for the Outdoors → <http://www.t255.com/Dressing%20for%20Outdoor%20Activities.pdf>

We all can be comfortable at all times on this trip with the following steps:

- Wear your normal hiking boots with two pairs of socks.
- Bring two or more extra pairs of extra socks so that you can change into dry ones, especially when you turn in for the night.
- Have two layers for your lower body. Wear, or bring, long underwear or something else, like athletic pants that you can wear under your normal pants.
- Wear or bring 4 layers for your upper body. Wear a synthetic shirt for your base layer that will transmit rather than absorb moisture. Wear another shirt over that. Bring or wear two more outer layers. One would be a warm outer coat (waterproof shell is ideal). Under the outer coat have a warm sweater, Polartec, wool something that can be added for additional warmth.
- A warm hat is absolutely essential especially for nighttime. (It is said that somewhere between 40 and 200 percent of your body heat is lost through you head).
- Bring a wool or Polartec scarf or balaclava (a thing that covers your whole head and just leaves your eyes, nose, and mouth exposed).
- Bring a spare set of clothes in your pack stored in zip-lock plastic bags to assure they stay dry even if it rains and your pack leaks (and this happens, a lot).
- Wear a dry set of clothes in your sleeping bag at night.
- Dry, warm socks, and a hat or balaclava are really great for sleeping.
- Oh yeah, gloves. Don't forget gloves or mittens.
- And bring your chemical hand warmers if you have them. Otherwise there is usually enough to go around.
- Be prepared, but do not be worried. It is easy to stay warm while hiking even without all these layers. We usually don't wear half this stuff when hiking because the exercise warms us up.
- When not hiking, while hanging around camp, when one would tend to get really cold, we will have a roaring fire that will keep us warm.