

Dr. Golgert's Winter Backpacking list.

This is for newer backpackers to give a general idea of what a Santa Barbara area Winter backpack should be filled with. Keep in mind this is intended to be a generic list for mild winter weather found in the Los Padres area (down to +20 degrees at worst). There will be necessary modifications for specific trips and your Patrol Leader and/or SPL should be able to advise on those specifics.

Please note, none of your clothing should be cotton.

Spoon or spork (plastic or titanium is ideal but a regular spoon is fine)

Headlamps with two sets of batteries (alkaline or rechargeable) both fresh

Lighter or matches

Pocket knife

Compass

Backpack

Sleeping bag – 20 to 30 degree rating

Waterproof compression bag for backpack (optional)

Bag liner (optional, but helpful for those who get cold easily and to keep your bag clean)

Sleeping pad R value of 3 or more – foam is perfectly fine

Backpacking tent

Hiking Socks – minimum 2 pair, wool or synthetic but not cotton

Hiking boots or trail runners

Beanie hat

Sun hat

Long pants – synthetic. Zip off legs are nice to double as shorts

Long underwear (not cotton)

Regular underwear

Synthetic t-shirt (under armor, dryfit, climatelite or similar)
Mid layer fleece or similar layer
Rain suit including both top and bottom
Bandana
Gloves or mittens mid weight, knit or similar
Warm jacket – ideally down or a synthetic filling that packs very small
Water bottles or bladder with 2 liter capacity
Hygiene items – toothbrush, toothpaste, campsuds, handwipes
Sun screen
Bug repellent
sunglasses
Small first aid kit to include mole skin, blister kits, Tylenol
Extra trash bags and ziplocks
Waterproof pack cover
Stove and fuel (one for 3-4 people)
Water filter (two for the group)
Backup water purification tabs
Trecking poles

Fresh clothes and deodorant to be left in the car for the return trip.

Dr. Golgert's editorial on supplies:

Especially for smaller scouts, weight is one of the most important considerations. Rugged but light gear is typically more expensive. Rather than buying inexpensive but heavy gear, consider borrowing gear from other scouts or the troop. The troop has community packs, tents and other equipment for loan. If you are looking to invest in your own gear, and not spend a fortune, look at the REI garage sale. If you know what to look for you can also often score a great deal on ebay or craigslist and the REI app has mail order clearance items on sale as well.

Dining supplies - in spite of what you may see on some of the boyscout backpacking list, I have never seen anyone use a mess kit on a backpacking trip. This is more of a car camping or summer camp thing. For backpacking we eat out of a bag of dehydrated food or we pack our own in a ziplock freezer bag and add hot water. Generally, the only thing that you need to eat that with is a long spoon. Plastic or titanium is lighter and therefore ideal. longer handle is helpful for reaching into the plastic bag.

Pocket Knife - you do not want to carry a huge Rambo knife, a small sharp blade is all that is necessary. lighter is better.

Backpack - for a smaller scout is going to be about 40-50 Liter capacity. Fit is super important, you need to try it on with proper weight in it. For a larger scout or adult it should be about 50-65 Liter capacity.

Backpack weight - should not exceed 25% body weight packed, all in with food and water.

Sleeping bag - 15 degree to 30 degree comfort rating is ideal.

- Synthetic - pro's - cheaper, stays warm if it gets wet. Con's - Much bulkier, heavier
- Down - pro's - packs amazingly small, very light. Con's - more expensive and if it gets wet it is no longer warm

Waterproof compression sack for sleeping bag - optional but will get your back down to a really small size and protect from water, if you have a down bag this can be really nice. I personally use Sea to Summit eVac Compression Dry Bag 8 Liters. check the dimensions of the bag that you buy and make sure it is not smaller than the stuff sack for your sleeping bag.

Sleeping pad - weight, bulk and insulation R value are the key specifications to look at. Air mats that inflate are much more comfortable but eventually leak. Foam is cheaper, bulkier but lighter and failproof. R value of around 3 or more is ideal. it should weigh about 1 pound, not more than 2 lbs.

Backpacking tent - This is not the same as a regular car camping tent. Backpacking tents are really low profile and really light. A regular car camping tent is not appropriate for backpacking, it will be heavy, bulky and cold. Popular tents include the MSR Huba and the Nemo Hornet- consider borrowing one to see if you like it before purchasing.

Hiking socks - Darn Tough and smart wool are popular brands. Darn Tough has a "sock finder" where you enter your preferences and type of use and they recommend specific socks. [Take Our Sock Finder Quiz, Find The Best Socks For You – Darn Tough](#) .

Rain suit - A more expensive, breathable material is more comfortable but not necessary. A cheap plastic set with some vents is probably good enough for most trips. the exception would be very cold weather.

Water container - either integrated bladder, bottles or a combination. Personally, I use a bladder and a collapsible 750 ml water bottle.

- Integrated bladder -
 - pro's
 - Weight distribution is spread in an ideal way.
 - You can sip slowly without have to stop, so easier to stay hydrated.
 - No need to take a bottle in and out of your pack which can be cumbersome
 - Cons
 - You can't see how much is remaining without opening the pack and pulling the bladder up.
 - It's not a good idea to add electrolyte tabs or flavor (which is why I carry one collapsible hand held water bottle)
 - More work to clean and dry
 - Your pack needs to be built to be compatible and so does your daypack if you want to transfer it for a day hike
 - It takes up space inside the pack where your other gear also needs to fit
- Reused smart water bottles or similar
 - Pro's
 - Smart water and similar that are meant to be single use are light
 - Cheap and easy to replace
 - Easy to put in a day pack
 - Easy to add electrolytes or flavor
 - Easy to tell how much is left
 - Cons
 - Harder to drink on the go
 - Can be cumbersome to access and put back
 - Nalgene and aluminum style are heavy

Bug repellent - the most effective for ticks and mosquitos is use of a combination of Permethrin spray for your pants, socks, t-shirt and hat Plus either a DEET containing or Picaridin containing product for the skin. Both DEET and Picaridin have been scientifically proven to be equally effective and superior to all other products. I personally prefer picaridin because it doesn't burn/sting, it has no odor and it doesn't seem to rub off all over the place. I personally do not like DEET because it can burn, tends to rub off all over and somehow always ends up in my mouth and it has a strong smell. Sawyer brand makes both the Permethrin and Picaridin

products and both are sold at REI. Eucalyptus oil and other botanicals in my opinion do not work.

Waterproof pack cover - make sure it covers the whole pack, including anything you may want to strap to the outside like a sleeping pad.