

**2nd MORNINGTON SEA SCOUTS
CROSS COUNTRY SKIING & SNOW CAMPING WEEKEND
CLOTHING AND PERSONAL EQUIPMENT (CAR BASED)**

To wear (generally only one change needed):

- thin thermals top and bottom (Helly Lifa/Skins etc, polypropylene is best, not anything with cotton in it)
- light/medium woolen socks (two thin pairs might work, must be the type you had your boots fitted in)
- roll neck long-sleeved top/skivvy, slightly thicker than the under layer, (polypropylene best, but nylon blends OK, polyester OK, polycotton with not too much cotton sort of OK)
- track suit-like pants and top (stuff that sheds snow: nylon best, not fleecy on the outside as snow sticks to it, softshell good, NOT poly-cotton, not baggy, better with zip bottoms, not big flappy bottoms, XC ski pants, long bike knicks without the pad are good, alternatively for pants stretchy tights over thermals are fine)
- fleece or windstopper vest or similar (type not critical, mostly for the pockets and an extra layer)
- thinnish beanie or hat (wool is safest, although some XC ones are made of acrylic)
- 2 pairs thin gloves (wool is fine, I wear leather/material racing gloves, although mechanic's gloves or similar from Bunnings or full finger cycling gloves work well also, thick downhill gloves for when we're building snow shelters or during breaks)
- boots (when not wearing ski boots) best if mid-high cut, useful with a waterproof membrane (a lot of boots have this now, I wouldn't want it for walking but it can be handy in the snow :); you'll probably survive in any decent sort of shoe/boot

To carry on tour and around the campsite:

- medium/large sized daypack (must carry all of this day tour stuff below)
- light waterproof parka and pants
- sunglasses, sun hat, suncream and lipcream
- thick gloves, waterproof is better
- large plastic bag or space blanket
- foam pad to sit on (if pack doesn't have one built in)
- drink bottle (750 ml +)
- emergency snacks (not to be eaten: beef jerky/chocolate/trail mix/nuts/muesli bars)
- snacks/morning tea (to be eaten)
- small thermos?
- compass, whistle, mobile phone (all waterproofed)
- padded vest/jacket and pants (downhill type OK for this)
- wallet with \$40 or so
- spare thin gloves and hat
- personal first aid kit & medications

For camping:

- changes of clothes & underwear, spare gloves & hats if you have them & several changes of socks
- large duffle bag for car plus large plastic bag to put all your wet stuff in
- toiletries & small towel
- dome tent, stove, cook set, fuel & dilly bag
- warm sleeping clothes
- sleeping bag (rated to -3 deg C 'comfort' on EN 1357 scale **or two ordinary cheap** sleeping bags that will fit inside each other, synthetic is fine)
- two (or one and a half) Thermarest/foam sleeping pads (seen at Anaconda for <\$12)
- camera, torch, scout book
- scout scarf
- large lolly snake for your favourite leader ☺