

Thank you for signing up for the Northern Star Council's *Snow Base* Program. We are excited to be able to offer this program to you and your Boy Scouts and Venturers. The *Snow Base* Program will provide all of the equipment to make your experience the best it can be. Your personal equipment can be used but will be checked by your Crew Guide for suitability.

Snow Base Provided – Gear and equipment included with all programs

Sleeping (Spearhead Only)

- Sleeping system** – Marmot™, Mountain Hardware™ and Midwest™ (-30°F) mummy bags. No one has ever reported to be cold at night.
- Sleeping pads** – Two Ridge Rest™ pads.

Feet

- Sock liners** – 2 pair - Fox River™ Thermolite Polyester sock liner.
- Socks** – 2 pair - Wigwam™ -40 degree wool/synthetic blend.
- Boots** – We have Sorel™ Impact boots rated to -40 degrees. Snow Base has 185 pairs in size 6 to size 17. Each participant will get an extra pair of liners with the boots. These boots have high uppers with a drawstring closure – gaiters are not be needed.

Hands

- Mittens** – Black Diamond Mercury Mittens. This mitten includes a shell layer as well as a removable insert.

Head

- Hat**– A fleece hat with windstopping ear covers.
- Balaclava** – A stretch-fleece full headpiece to be worn if it gets windy or very cold and can be worn at night. This Head Hugger design includes a neck and shoulder cover.

Body

- Pants** – We have wool pants and suspenders.
- Shirts** – Wool shirts and sweaters for Scouts who need warmer alternatives.

Hydration

- Water bottle and carrier** – Drinking lots of water is important. We will provide 16 oz. wide mouth nalgene water bottles with a carrier so you can wear it around your neck and close to your body so it doesn't freeze.

Miscellaneous

- Stuff Sack** – We will issue everyone a Stuff Sack to use to pick up the equipment you get from us. This will stay in the building when you go out to the campsite on Saturday. You can leave your personal clothes in this when you change into your outdoor clothes.
- Backpack** – We have internal frame packs to use or you can use your own hiking pack.
- Snowshoes** – We have lightweight snowshoes. We have mostly 25" and some 30". We have enough for everyone.
- Cross Country Skis** – We have backcountry skis with bindings that will fit the Sorel boots.
- Every crew will be issued the following crew equipment:** Crew Sleds, Parachute shelter, Shelter Tarps, Ground Tarps, Ice Chisel, Shovels, Cooking Stoves, lanterns, cook ware, kneeling pads, fuel bottles, and a crew box with a first aid kit, toilet paper, map, compass, and other supplies.

Equipment List

Participant Provided – Items you will need to provide

The *Snow Base* winter program will provide much of the equipment needed for your weekend. The following items will need to be provided by the participants:

Clothing

- Long Underwear (not cotton)** – This is a very important part of a successful winter camping experience. The biggest winter camping mistake is to wear cotton. Cotton absorbs moisture and holds it next to the body, which then causes heat to be drawn away very rapidly. Unfortunately, many Scouts will already own cotton long underwear. Scouts and their parents need to be told the importance of this piece of equipment. A non-cotton long underwear bottom and top are needed. Medium or heavy weight is best. Two light weight layers will work too if the participant is also involved in activities like cross country ski racing where light weight is best. Cost effective long underwear can be found at major outdoor retailers such as Gander Mountain. *Long underwear is available for rental at Snow Base. Supplies and sizes are limited.*
- Upper body layers** – An important principle for winter camping is layering. Several layers of non-absorbing clothing that can be taken off when active and put back on when less active is ideal. These layers should be of non-absorbing fabrics again like wool or polyester. Fleece or wool sweaters or vests are great. **Cotton should not be used here either.** Two to three pieces are recommended.
- Outer Shell** – A winter jacket with hood works great.

Eating Utensils

- Eating Utensils** - A plastic bowl, plastic spoon and insulated mug. It works great to package them in a plastic bag for carrying. Metal utensils could stick to your tongue.

Toiletries

- Personal items** – Toothbrush, toothpaste, hand-wipes, deodorant, etc. Packing them in plastic bag is helpful to keep them together and makes it easier to find.

Sleeping

- Sleeping bag** – You will sleep in your own sleeping bag in a bunk house—this can be an ‘indoor’ bag. If you have a good mummy bag we can provide you an over bag if you would like to use it while sleeping out Saturday night.

Miscellaneous

- Regular clothes** – Come out to camp in regular clothes. You will use your winter clothes starting Saturday after breakfast through Sunday before lunch. Bring a change of socks and underwear.
- Lip protection** – A Chap Stick type product.
- Sunscreen** – The sun reflecting off the snow can easily burn your face and ears.
- Sunglasses** – Needed to protect your eyes from the bright winter sun and reflection off the snow.
- Flashlight or headlamp** – bring extra batteries.
- Personal medical supplies** – Bring any medicine you will need in its original container with name and dosage. Give these to your leader.
- Health History** – Fill out and bring a Health History Form.
- Camera** – Enter the photo contest to win a *Snow Base* prize.
- Optional:** Ski Gloves, head band, frame pack, rain suit (good for carving out snow shelters and as an added layer), pocket knife, small garbage bags for packing clothes in backpack