

Winter Survival Weekend Packing List

When you are packing, keep in mind that you will be carrying this for a small hike of up to a mile. Make sure that you can carry everything you bring on your back. Avoid the temptation to over-pack.

DO NOT BRING COTTON CLOTHING OF ANY KIND! Use Synthetics or Wool wherever possible. Cotton blends are better than cotton, but still not great. Cotton holds water and will cause you to get cold and freeze much faster.

What you will need:

72 Hour pack

- 24 Hour pack
- Sleeping bag (rated for below 0 temps at minimum)
- Shelter building supplies (tarp, space blanket, etc...)
- Sleeping mat
- Food for the weekend (Fires will be available for cooking)
- Toiletries
- Any thing else you need to survive the weekend.

24 Hour pack

- Reflective vest (Yellow or Orange)
- Whistle
- Canteen (or camel back) – Make sure you can keep it from freezing.
- Compass
- Duct tape
- Rope (paracord or similar small rope – at least 50')
- 2 Flash Lights with spare batteries
- Pencil, no pens, the ink tends to freeze.
- Notepad
- Knife (folding or multi tool or both.)
- Flagging tape (red, orange, or any other bright color)
- Watch
- First Aid kit (Small one for treating minor personal injuries, minor cuts, headaches, etc)
- Matches
- Gloves or Mittens (at least two pair and Mittens highly recommended for one pair)
- Warm Extra socks (bring at least two pair per day. **Cotton Athletic Socks are forbidden!**)
- Warm Coat (It WILL be cold)
- Warm weather clothes (long johns, heavy winter hat, etc... Dress in layers)
- Snow/Ski Pants
- Poncho
- Hand/toe warmers (required for personnel who have never attended before. Bring at least 5 pair)
- BDU's
- Winter snow boots instead of Combat Boots. Combat boots will not keep your feet warm enough.
- Current CAP membership/101 card
- CAPF 161 for all CAP members
- CAPF 163 for all cadets under 18.
- CAPF 60-80 – Required for all Cadets with all signatures
- E-tool/small snow shovel (optional)

Contraband (DO NOT BRING)

- Tent or any pre-made structure
- Gas tent heaters
- Any pyrotechnics other than matches or lighters.
- Sleds