Before you attend Winter Trek, here are some helpful tidbits:

**Housing:** Each participant will be housed in bunk house cabins, some heated with wood ,others with propane/electric. They are equipped with mattresses on bunkbeds, so a sleeping pad is not always necessary. Bring a warm sleeping bag and extra blanket (pillow is optional), or put your jacket inside your sleeping bag stuff sack for a comfy pillow. Toilet facilities consist of port-o-lets or nearby latrines. Neither of these will have running water,a portable sink resides in the dining hall for handwashing.

**Meals:** your reigistration includes, crackerbarrel Friday night, three meals on Saturday and continental breakfast on Sunday prior to departure served in a somewhat heated dining hall and are hearty and delicious. Plates, napkins, and utensils are provided by the camp.

**Clothing: Think layers**

Warm wool socks (several pairs)

Winter boots

1-2 Winter hats

1-2 pair of gloves

Snowpants and warm and insulated jacket

Long johns top/bottom for underlay

Comfy clothes for evening (after outdoor activities are done)

Long johns/pajamas, preferrably synthetic for sleeping

Slippers for inside cabin to avoid wet floor

Wool sweater and/or polypro shirt/jacket

Balaclava

Synthetic shirt (long john top would work) for additional layering

**Toiletries:**

Toothbrush/toothpaste

Hand wipes

Towel

**Other items that will help make your stay fun and safe:**

Headlamp

Metal mug or Sierra Club cup

Water bottle for personal use

Roll of paper towels

Camera (to catch some great action shots!)

Sunscreen/Sunglasses

**For adults:** cell phone charger (there are outlets in the cabins, but cell service is limited/spotty so plan to leave your cell behind during the activities) AT&T works well, Verizon not so well.

Small daypack for carrying extra clothing during daytime activities

Troop's First Aid kit (keep in cabin)

Troop's Water Jug for water supply in cabin (bring filled, but it can be refilled on site)

Ski Poles for icy weather

If you have your own XC skis we suggest you bring them. There is an ample supply of snowshoes, but you may wish to bring your own.

**A Note for Adults:**

We encourage you to join in the activities with your Scouts, regardless of your skill level. Our volunteer instructors are excellent, and you'll get something out of the experience. However, please be thoughtful and allow each Scout in your breakout group (not just your own troop) to participate before any adults practice a skill. This insures that each Scout has a meaningful experience, and that they can work towards increasing their skills in the activities we offer at WinterTrek.

We are always looking for help during these weekends so , if you have the ability and desire to be part of the experience from our side of things please let us know as soon as you can