



## RECOMMENDED ATTIRE FOR POLAR CUB WINTER DAY CAMP

Winter Day Camp is not just Summer Day Camp with more clothes. One of the biggest differences between summer and winter day camp clothing is that one should never wear 100% cotton clothing for winter activities. Cotton absorbs and holds moisture, thus losing its insulating properties. This list is not something that should cause you to go out and purchase all new winter clothing. But we would like to inform you of what can be worn so you stay as warm as possible.

### Proper Winter Boots and extra socks

**Snow boots** - insulated boots with liners should be worn, leather hiking boots and tennis shoes will not be allowed. Boots should be snug but not constricting so that feet will stay warm. Wool socks are also recommended. Cotton athletic socks will not keep you warm.

### 2 Pair of Mittens/Gloves

Mittens are recommended because they are warmer than gloves. Two pair should be brought in case one pair becomes to wet.

### A Warm Hat that Covers the Ears and/or Face Mask Depending on the Weather.

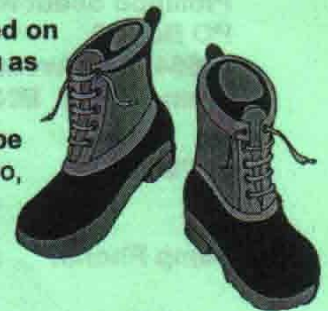
A wool hat is the most effective, but a good fitting stocking cap will do. In 40° F weather, an unprotected head can loose 50% of a body's heat production and in 5° F weather up to 75%.

### Snow Pants/Winter Coat Or Snowsuit.

Winter camping is not high fashion camping. Choose clothing for functionality, not for appearance. Cotton denim jeans can be dangerous for winter activities.

It would also be a good idea to have the Cub Scout's (or adult's) name labeled on the small articles of clothing so that if they are lost they may be returned to you as soon as possible.

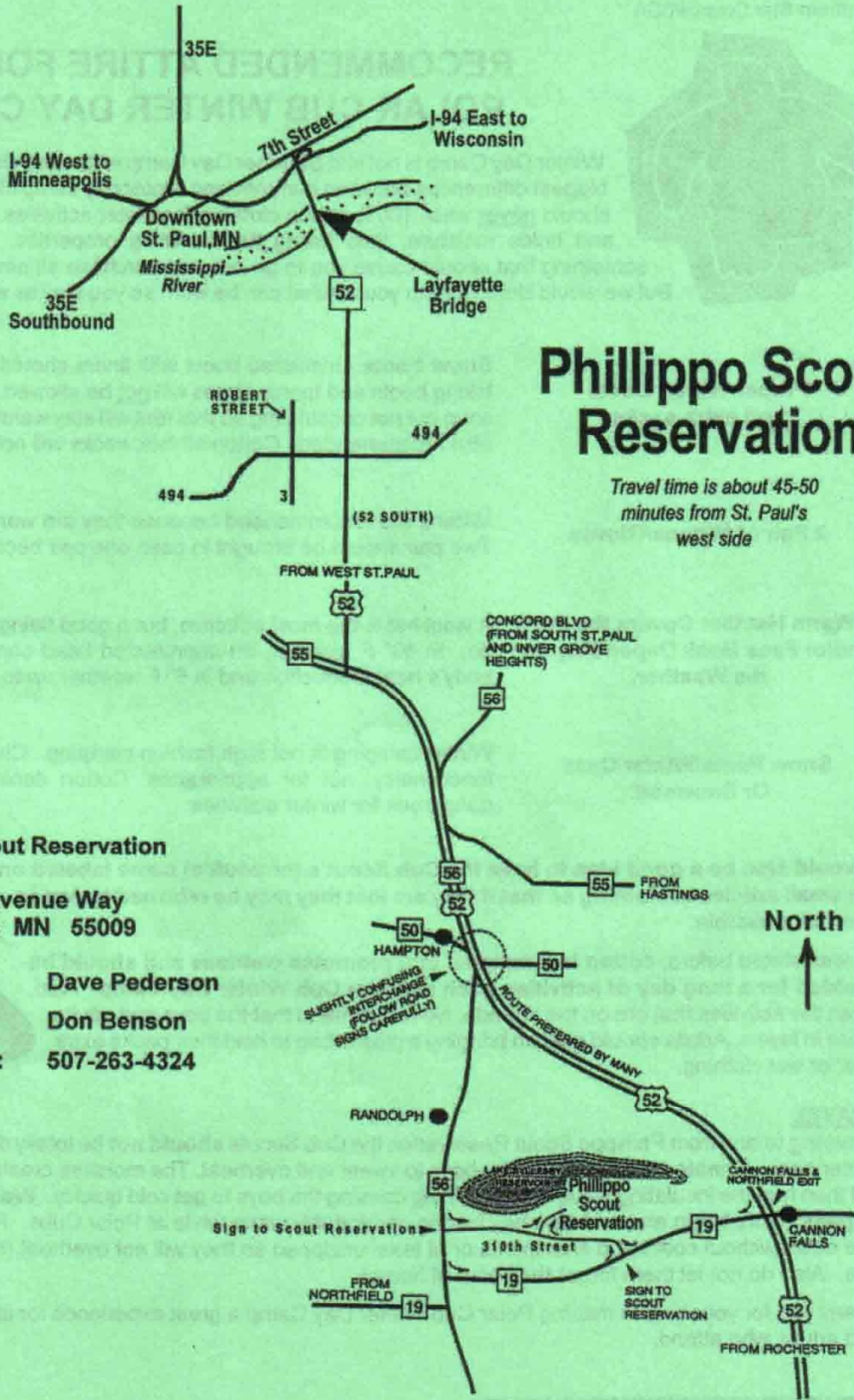
As was stated before, **cotton is a material that promotes wetness and should be avoided for a long day of activities such as Polar Cub Winter Day Camp.** Also, given the activities that are on the agenda, we recommend that the boys and adults dress in layers. Adults should plan on bringing a plastic bag to hold their packs extra gear or wet clothing.



### TRAVEL

Traveling to and from Phillippo Scout Reservation the Cub Scouts **should not** be totally dressed in all their winter gear. A heated car will cause the boys to sweat and overheat. The moisture created from sweating will then hurt the insulating value of the clothing causing the boys to get cold quickly. We would like to see all participants begin and end their day feeling comfortably warm while at Polar Cubs. Please have boys ride down without coats and snowpants or at least unzipped so they will not overheat (sweat) during the ride. Also do not let them forget their coat at home!

Thank you for your help in making Polar Cub Winter Day Camp a great experience for all the Cub Scouts and adults who attend.



# Phillippo Scout Reservation

Travel time is about 45-50 minutes from St. Paul's west side

**Phillippo Scout Reservation**  
 PO Box 10  
 30654 32<sup>nd</sup> Avenue Way  
 Cannon Falls MN 55009

**Rangers:** Dave Pederson  
 Don Benson

**Camp Phone:** 507-263-4324

