

Rovent Planning Information and Gear Lists

After Cold Talk every year, we receive a few requests to create and post a list of the gear that people should bring to Rovent to survive the weekend and have fun. This is an updated document from last year, with a group gear list, gear list for the individual participant, clothing that should be brought and worn at Rovent, information on Food and Menu planning, and some miscellaneous but important information. We try to make this document fairly complete, but we have probably missed a few things, so be aware that this may not be an exhaustive list. If you do find something that we missed, have any suggestions or would like to provide feedback about this document, it would be appreciated if you would e-mail us at <cold_talk@telus.net>. Please also let us know if you are planning on using this document as information for other winter camping trips for your groups.

See you at Rovent!

Cold Talk Organizers

Group Gear

Tents	<ul style="list-style-type: none">-4 season tents are preferable, but not necessary-the smaller the tents the better- if it's a 4 person tent, try and cram in 5 or 6 – it'll be tight, but you will be cozy and warm
Tent pegs	<ul style="list-style-type: none">- regular tent pegs don't usually work in the snow, so unless you have the big v-shaped pegs meant for snow camping or the big plastic ones, brings some sticks the size of firewood kindling or dowels- tie the tent guyline or string about halfway along the stick then bury in the snow and pack it down
Insulating material (for under tent)	<ul style="list-style-type: none">-place it under the tents before tossing your gear in-when you sleep it'll provide an extra layer of insulation between you and the snow-hot water heater tank insulation (bubble wrap covered in mylar) or cardboard work well
Tarps	<ul style="list-style-type: none">-bring a couple so that you can put your gear on something when you are unloading the vehicles, rather than leaving it lying in the snow-use one as a ground sheet for your tent
Ropes	
Kitchen equipment	<ul style="list-style-type: none">-pots, pans, coffee perk, whatever you need to cook your food for the weekend
Dining shelter or warming tent	<ul style="list-style-type: none">-a place for your group to eat together or warm up

Heater	<ul style="list-style-type: none"> -make sure you know how to hook it up properly and how it works -make sure you have lots of ventilation and air circulation -even catalytic heaters can produce Carbon Monoxide if the grid is contaminated -BRING A CARBON MONOXIDE DETECTOR -DON'T SLEEP WITH IT RUNNING -DON'T USE IT IN PERSONAL SLEEPING TENTS -BE CAREFUL
Stove	-make sure it works before getting to camp. If in doubt, bring 2
Fuel for stove	<ul style="list-style-type: none"> -bring lots -a note about propane and other gaseous fuels – they don't work very well in cold weather – bring some insulation to wrap around your tank (ie. hot water heater insulation sleeve or cardboard) and try to keep the tank in a warmer location -you will use a lot more fuel heating food and drinks over the weekend than at other camps
Shovels	<ul style="list-style-type: none"> -use them to dig out your camp spot -you can either flatten out the snow and set your tents up or you can dig down a bit and then set up your tents -more work to dig down, but, you will be warmer (it'll act as a wind break) -if you dig down into the snow, you need to dig the hole a bit bigger than your tent, so that your walls don't touch the snow -plastic shovels are OK, but they have been known to break, so metal shovels are better
Chairs or sit-upon	<ul style="list-style-type: none"> -you can sit on the snow instead, but if you do, make sure you are sitting on some insulation -if you sit directly on the snow you'll get cold
Folding Table	-nice to have a surface to prep food on
Lantern	<ul style="list-style-type: none"> -the sun goes down early in the mountains in the winter -don't forget extra mantels or batteries
Water jugs	<ul style="list-style-type: none"> -if you are using water jugs with a Spigot/nozzle, tip the jug upright when you're not using it, so that the water doesn't freeze in the nozzle -at night, to help your water stay somewhat liquid, bury the jugs in the snow -4 Liter milk jugs are easier to handle than the big blue jugs -before going to bed, pour some water into a pot, that way when you wake up you can put the pot directly on stove to melt the ice
Duct Tape	<ul style="list-style-type: none"> -for everything and anything -to fix all those things that tend to break at an inopportune time

Personal Gear

Sleeping pad	-closed cell foam, (yellow foam or 2 blue foamies) or Therm-A-Rests -don't bring soft spongy foam or air mattresses – neither of these insulates well -if possible layer a sheet of closed cell foam with a self-inflating mattress, it will provide more insulation
Sleeping Bag	-winter rated bag or 2 summer bags and optional additional blankets and fleece or flannel liners -wool blankets work well as an additional layer -if using 2 bags insert one bag inside the other, so that the zippers are on opposite sides -when sleeping don't sleep with your nose and mouth in the sleeping bag, this causes moisture to build up in the insulation and it will freeze and reduce the insulating values of the bag
Pillow	-optional -can also stuff a pillowcase with any extra clothing
Footwear	-Sorel type snow boots with the removable liners are best -bring an extra set of liners -leather boots also work, but you will probably need to wear them with gaitors so that your pant legs stay dry -leather boots tend to get a bit crispy overnight
Plastic bags	-if boots get wet, line them with plastic bags – feet will be warmer but you will need to change socks more often
Lip balm	-keep your lips from getting chapped and cracking -preferably with sunscreen
Sunscreen	-don't forget when applying sunscreen that you will burn from the reflection off the snow, so apply in areas you don't normally (under your chin & eyebrows, etc)
Sunglasses	-light reflects off of the snow and can hurt your eyes
Moisturizer	-helps keep your skin from cracking due to the dryness and cold
Instant heat packs and Fuel stick pocket heaters	-works great to keep your hands warm -don't fall asleep with any of these in your sleeping bag
Flashlight	-bring a good flashlight because it gets dark early
Extra batteries	-your flashlight won't work very well without batteries (unless you have one of those cool dynamo ones!)
Toiletries kit	-stuff to keep yourself clean and smelling fresh so your tent mates don't kick you out (ie. toothbrush, toothpaste, wash cloth etc) NOTE: contact lens solution will and does freeze at Rovent
Mess kit (aka Eating Gear)	-bowl, plate, mug, fork, knife, spoon, etc. -remember to bring this stuff or else you might spend the weekend eating with a borrowed spoon off of a frisbee

Clothing

Thermal underwear	-polypropylene is preferable, but any long underwear will work -should be capable of wicking moisture away from the skin
Unmentionables (undergarments)	-make sure you change these before going to sleep, you'll sleep warmer
Socks	-bring lots of socks -layer the socks, one thin pair with a wool pair -if you think you have enough socks, throw in another 2 or 3 pairs -change them often, particularly when they get wet and every few hours even if they don't feel wet
Pants	-NO JEANS -fleece or wool is best, but cotton is ok, just not great – stuff like jogging pants
Sweatshirts or sweaters	-fleece or wool
Snow/ski pants	-keep you warm and dry -could wear wool pants (ie. military surplus), but it tends to get a little stiff -water-proof breathable (ie. Gore-Tex) works well
Jacket	-water-proof breathable (ie. Gore-Tex) is best -Note: yellow rubber rain suits don't work well for snow. It will hold in all the sweat, cool down then make you cold -need to have clothing that will breathe and release some moisture
Pajamas	-entirely separate outfit from clothing worn during the day -make sure you have another toque to go with this
Gloves/Mitts	-mitts are warmer because all the fingers are together, but with gloves you can use your hands more -combination option is flip-up flip-down gloves which are fingerless gloves with the exception of the thumb. When you need to use your hands, fingers are separate and when you're done, flip down the cover and it makes the glove a pseudo-mitt
Toque	-bring 3 separate toques -1 to wear during the day -1 to wear to sleep in -1 extra in case it they get wet -you will be a lot warmer if you wear your toque to bed
Scarf	-you can wear it around your neck during the day and use it when you go to sleep (if it's dry and you're careful not to strangle yourself)
Earmuffs	-to keep your ears warm -alternatively, you can pull your toque down a little further

NOTE: You should have at least 2 to 3 complete changes of clothing

Food and Menu Planning

Water min 4L per person per day – meaning you should be looking at a minimum of 12 L per person for the weekend

YOU MUST BRING YOUR OWN WATER BECAUSE THERE IS NO SOURCE OF WATER UP AT ROVENT OTHER THAN MELTING SNOW

- Rovent is a winter camp, so you will be burning more calories staying warm
- this means you need to plan an appropriate menu, with a higher caloric value than a regular Spring, Summer or Fall camp
- pre-prepare as much as you can. Boil in the bag meals are easy to make up there and if you eat it out of the bag, the only thing you need to wash is the utensils, assuming you don't just lick them clean.
- drink lots of water & juice. Drink boxes are really awesome and the chocolate milk in the drink boxes goes over really well
- bring lots of food and snacks that can be munched on throughout the day (ie. granola bars, soup cups, oranges, trail mix etc.)
- go easy on the caffeine – but leaders may need it near the end of the weekend

-Don't bring alcoholic beverages

You may get a warm feeling by drinking it, but it dilates the blood vessels and causes you to lose heat faster
0.5% beer still counts as being alcohol and not only will you be sent home, but you'll also be laughed at

Miscellaneous

En route to Camp

- ✍ Check car before leaving – should have windshield fluid full, tires in good condition, jumper cables, full tank of gas, spare tire etc.
- ✍ Take an extra set of car keys, give it to another responsible person
- ✍ -you don't want to be the idiot who's parked in a key position in the parking lot who's lost their keys over the weekend and can't move their car
- ✍ Good idea to stop in Hope for a last minute shopping/bathroom/food/fuel stop

Arriving at Camp

- ✍ Register and check in
- ✍ Unload gear from car
- ✍ Park car in directed spot

NOTE: running shoes (sneakers) are great – to leave in the car and wear home. Don't wear them at camp

- ✍ Pick a spot on the field
 - haul your gear to your spot

Setting up Camp

- ✍ Either flatten out the snow and set your tents up or dig down in the snow a bit and then set up the tents
- ✍ The hole that you dig needs to be a bit bigger than your tent, so the walls don't touch the snow

NOTE: Any holes that you dig need to be filled in before you leave

Helpful Hints

–during the first few hours when you arrive you will work very hard setting up your camp and hauling your gear

-don't wear your best & warmest stuff in the car or when you first arrive

-some people wear clothing that, although it will keep you warm, is 'disposable' – they perspire heavily while setting up their camp, then they change, and the 'setup' clothes to into a bag to go home.

The Dance

- ✍ Wear layers
- ✍ -you will warm up while dancing, but get cold when you stop
- ✍ Take a break partway through the dance
- ✍ -go down to your campsite, have a warm drink and a snack, change your socks
- ✍ After the dance before going to bed, make sure you change all your clothes, including your unmentionables

At Camp

If you're cold, you can:

- ✍ visit the outhouse (yes, you use up valuable body heat to warm a full bladder)
- ✍ change your socks
- ✍ eat something (snack, not a huge meal)
- ✍ have a warm drink
- ✍ walk around
- ✍ go to the parking lot and visit the 'warming tent'
- ✍ go visit any warming tents on the field, pretty much everyone is friendly and won't mind you visiting to warm up

If you're really cold, and you've tried all these things, go visit the MAST tent (the first aid people). We have a tent that looks just like the warming tent in the parking lot, but it is on the other side of the big trucks and stage.

If you have any problems you can talk to any ROVENT staff or the First aid people

Make sure you have a copy of your health form on your body at all times while at Camp and that you know your unit name and your Leader's name

If you need to go see MAST, we're not happy when we don't know your medical history, especially if you're passed out and can't tell us!