



## Winter Camping Personal Equipment List

### *\* Available from Outdoor Action*

#### Head:

- \_\_\_\_\_ \* Wool/Pile Balaclava
- \_\_\_\_\_ Silk Balaclava (optional - for sleeping)
- \_\_\_\_\_ \* Leather Face Mask
- \_\_\_\_\_ \* Ski Goggles or Glacier Goggles with side screens

#### Upper Body:

- \_\_\_\_\_ 2 Long Undershirts - polypropylene
- \_\_\_\_\_ Vapor Barrier Shirt (optional)
- \_\_\_\_\_ \* Wool/Polypropylene/Pile Shirt - medium weight
- \_\_\_\_\_ \* Wool/Pile Sweater or Jacket - heavy
- \_\_\_\_\_ Wind Jacket with Hood - 60/40, nylon, Goretex-will double as rain jacket
- \_\_\_\_\_ \* Winter Parka with Hood - synthetic fill, nylon or Gore-tex outer

#### Hands:

- \_\_\_\_\_ Glove Liners - synthetic, polypropylene
- \_\_\_\_\_ Wool Gloves
- \_\_\_\_\_ \* Wool/Synthetic/Pile Mittens
- \_\_\_\_\_ \* Mitten Shells (not needed if above mittens are shelled)

#### Lower Body:

- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Long Underwear - polypropylene - light to medium
- \_\_\_\_\_ Vapor Barrier Pants (optional)
- \_\_\_\_\_ \* Wool/Pile Pants/bibs or Knickers - heavy
- \_\_\_\_\_ \* Wind Pants - nylon (Goretex-doubles as rain pants)
- \_\_\_\_\_ Overpants - insulated, synthetic fill ski pants (optional)

#### Feet:

- \_\_\_\_\_ Liner Socks (thin) - polypropylene - 2+ pairs
- \_\_\_\_\_ \* Vapor Barrier Socks
- \_\_\_\_\_ Wool/Pile Socks (heavy) - 4+ pairs (knicker socks if knickers)
- \_\_\_\_\_ \* Mickey Mouse Boots or Mountaineering double boots + overboot
- \_\_\_\_\_ \* Gaiters - coated nylon, large to fit over Mouse boots
- \_\_\_\_\_ \* Polarguard/Down Booties
- \_\_\_\_\_ \* Camp Overboots
- \_\_\_\_\_ \* Cross-Country Ski Boots (if skiing)
- \_\_\_\_\_ \* Ski Overboots (if skiing)

#### Raingear:

- \_\_\_\_\_ Rain Jacket - nylon, Goretex - must fit over stacked layers
- \_\_\_\_\_ Rain Pants - nylon, Goretex - must fit over stacked layers



Pack & Packing:

\_\_\_\_\_ \* Large External Frame Pack - with frame extension or Large Internal Frame Pack (4500+ cubic inches)

\_\_\_\_\_ \* Stuff Sacks of all sizes - all equipment in stuff sacks

\_\_\_\_\_ Pack Raincover

Travel Equipment:

\_\_\_\_\_ \* Snowshoes with binding & snowshoe crampons

\_\_\_\_\_ \* Ski poles - 1 pair

\_\_\_\_\_ \* Ice Axe

\_\_\_\_\_ \* Crampons with binding and point protectors

\_\_\_\_\_ \* Skis and boots (if skiing)

Sleeping Gear:

\_\_\_\_\_ \* Synthetic/Down Sleeping Bag - rated to -15 or to 0 with overbag and/or vapor barrier liner, if down should have Gore-tex shell,

\_\_\_\_\_ \* Ensolite Foam Pad - 1/2" or Thermarest Pad

Eating Utensils:

\_\_\_\_\_ Plastic Cup - double walled recommended

\_\_\_\_\_ Plastic Spoon - should be tied to cup

\_\_\_\_\_ \* 2 1 Quart Water Bottles - plastic, wide mouth, cap retainer should be outfitted in small stuff sack with webbing loops

Food (individual):

\_\_\_\_\_ 1/4 - 1/2 pound meat & cheese per day

\_\_\_\_\_ 1/2 - 3/4 pound gorp per day

Miscellaneous:

\_\_\_\_\_ Day Pack - for carrying extra clothing, water, lunch, camera, doubles as stuff sack

\_\_\_\_\_ \* Flashlight - headlamp best, with lithium (best) alkaline (ok) batteries (workbetter in cold)

\_\_\_\_\_ Knife

\_\_\_\_\_ Whistle

\_\_\_\_\_ Belt or suspenders

\_\_\_\_\_ Bandanas - the ultimate useful item

\_\_\_\_\_ Extra Glasses, Sunglasses, Glasses Strap, Antifog

\_\_\_\_\_ Sunscreen

\_\_\_\_\_ Chapstick

\_\_\_\_\_ Toilet Articles

\_\_\_\_\_ Any Medications needed during trip

\_\_\_\_\_ Camera, film, books, games, paper & pen, etc. (optional)

\_\_\_\_\_ Cough drops or sour balls

**Notes:** Contact lenses can be a problem! Zipper pulls on all clothing and pack'zippers. All clothing must be clean. Idiot strings on all mitts/shells. Nonfreezing laces on all boots. Defog all glasses and goggles. Develop method for hanging water bottles on body. Adjust and mark boots,



snowshoes and skis before leaving. Figure out how you carry snowshoes or skis on your pack if the need arises. Figure out clothing arrangements: How will you organize glasses & face mask & balaclava ?

- Will your shell go over pile, over polypro, over water bottles, over body?
  - Can you get wind/rainpants on with boots on, snowshoes?
  - Can you get gaiters on with boots on?
  - Plan your pack beautifully, so that it takes as little time as possible to get anything out.
  - All extra clothing should be quickly accessible.
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