

Winter Camping List

Remember: In the wilderness, it is much easier to stay warm by being prepared, than to try to get warm after becoming cold!

Philosophy of staying warm:

1. Dress In Layers

First Layer -Wicking

Second Layer -Insulating

Outer Layer -Water and Wind Repellant

Accessories

Waterproofing - Plastic bag between inner and outer layers of gloves and socks

2. Stay warm and dry

Conserve body heat & maintain thermal equilibrium (unzip a layer or put it in your day pack if too hot. Add layers if cool, but before you get cold. i.e. put on your hat when it is cold outside.)

Protect head and trunk - the core areas

3. Wear synthetics or wool

DO NOT WEAR COTTON

Fleece, Gore-tex, supplex,

Add the following to the standard packing list

- Long Johns
- Long pants
- Rain suit pants
- Snow pants
- Synthetic or wool socks
- Long sleeve shirt
- Snow Hat
- Wind Layer
- Pak Boots (water proof hiking boots)
- Wristlets - shirt with thumb holes
- Outer Mitten or gloves
- Plastic bags for hands and feet
- Nose and Cheek Protector
- Sunglasses or goggles
- Extra socks, under clothes
- Extra layers
- Extra mittens or gloves