

OUTDOOR SKILLS 2
BATES & GILBERTSON
Winter Camping Equipment List

Try to pack all equipment into your backpack with room to spare. Avoid bringing several pieces of baggage. Plan your clothes so they can be worn over each other in layers so that in the coldest of weather possible at this time of year (-30° F) you are wearing nearly all your clothes. Wool or synthetic fabrics are best since they stay warm when wet. Remember, this is camping; bring durable, not dress clothes.

GROUP GEAR:

- | | |
|--|---|
| <input type="checkbox"/> Pulk(s) (sled) - if conditions permit | <input type="checkbox"/> Maps & compasses |
| <input type="checkbox"/> Shovel(s) | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Resource books and field guides | <input type="checkbox"/> Ground cloth |
| <input type="checkbox"/> Repair kit | <input type="checkbox"/> Stove(s) w/ fuel |
| <input type="checkbox"/> Ski wax kit | <input type="checkbox"/> Matches |
| <input type="checkbox"/> Kitchen utensils | <input type="checkbox"/> Tents |
| <input type="checkbox"/> Food | |

YOU BRING:

FOOTWEAR:

- 4 to 6 Pairs Socks: must be wool or other synthetic fibers - no cotton!
- Gaiters - Leggings worn over the top of the boot to protect from snow.
- Insulated camp boots (1 pr) - ie. sorels, iceman, mukluks, etc.
- Ski boots (1 pr) - Should fit comfortably with two pairs of heavy socks. Proper fit is very important.
- Vapor barrier baggies or socks & foot powder (optional)
- Polypropylene sock liners - help keep feet dry

LOWER BODY CLOTHING:

- Regular underwear - nylon shorts work - cotton is bad
- Long underwear - mid-weight - wool, polypro, thermax, capilene.
- Wool pants (2 pr: 1 light, 1 heavy) - Should be roomy enough for freedom of movement and layering. Pile, fleece or other synthetic materials are good.
- Wind pants - Nylon (not waterproof) or Gore-Tex type material to fit over wool or pile pants.

UPPER BODY CLOTHING:

- Winter coat - covers other layers loosely - for inactive evenings
- Insulation layers: You will have two insulation layers that should fit comfortably over each other. Combinations of the following are acceptable:
 - Wool sweater - must extend below the hips
 - Light wool shirt
 - Pile or fleece sweater or jacket
 - Long underwear top - wool, polypro, thermax, capilene
 - Vest - synthetic, not down, is recommended

HAND CLOTHING:

- "Choppers" or other mittens - shell with wool or fleece liners are best
- Polypro glove liners - keep hands dry and can be used for manipulation of items without direct skin contact.

HEAD CLOTHING:

- ___ Wool stocking hat - balaclava is also good
- ___ Scarf or neck gaiter - should be wool or fleece
- ___ Insulated hood

SLEEPING GEAR:

- ___ Sleeping bag with rating down to -30 F - Synthetic is recommended (fiberfill, polarguard, holofill, quallofill, etc). Two bags in combination work very well.
- ___ Sleeping pad - must be closed cell or "therma-rest" type - necessary for insulation between sleeping bag and ground.
- ___ Sleeping bag stuff sac
- ___ Ground cloth - waterproof nylon sheet that goes between sleeping bag and ground to prevent moisture absorption.

MISCELLANEOUS:

- ___ Bandanna
- ___ Sunglasses - good quality is necessary - side shields are necessary for mountain activities.
- ___ Sunblock and lip balm w/ S.P.F. of 20 - 40
- ___ Eating utensils - unbreakable: insulated cup, bowl, spoon.
- ___ Water bottle (1 qt.) - wide mouth nalgene plastic
- ___ Candles - 2 plumber's candles to light snow shelter (optional)
- ___ Toiletries: toothbrush & paste, etc.
- ___ Pocket knife

BACKPACK AND OTHER PACKS:

- ___ Frame pack - Internal frame packs are best because they keep weight close to the body. External frame packs create less stability. Should provide enough space for more than just your personal gear.
- ___ Day pack - for day outings.
- ___ Lash straps - to tie gear onto packs
- ___ Stuff sacks - to organize items in your pack

TRAVELLING EQUIPMENT:

- ___ Backcountry touring skis and bindings OR Snowshoes
- ___ Ski poles

OPTIONAL GEAR:

- ___ Camera and film
- ___ Head lamp or flashlight with spare bulb and batteries
- ___ Small closed cell pad for sitting on
- ___ Fanny pack
- ___ Journal

DO NOT BRING: Radios, junk food, drugs, or alcohol

NOTE: The U.M.D. Kirby Games and Outing Center rents a variety of winter outdoor equipment. For more information, call (218) 726-8734.