

# University of Minnesota Duluth - Outdoor Program

## 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 0 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.

### **WE FURNISH:**

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

### **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 or other synthetic wool are acceptable.
- Wind pants - Nylon (not waterproof) 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 sweater or jacket
- Long underwear top - wool, polypro, thermax, capilene
- Vest - synthetic, not down, is recommended

#### **HAND CLOTHING:**

- "Choppers" or other mittens (2 pr) - shell with wool or pile 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
- Insulated hood

### **EQUIPMENT TIPS:**

- Fleece and wool are great insulators – they even work when wet.
- Long underwear should be a synthetic material, not cotton. If you don't have any, most outdoor stores have appropriate supplies.
- Wool socks work best because they are durable and warm.

### **EXTRAS YOU CAN BRING:**

- 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 or walkmans (except for van ride)
- Valuables
- Recreational 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.

### **GENERAL INFO:**

Phone: (218)726-7128

Fax: (218) 726-7188

Email: rsop@d.umn.edu

[www.UMDrso.org](http://www.UMDrso.org)

#### SLEEPING GEAR:

- Sleeping bag with rating down to -30 F - Synthetic is recommended (fiberfill, polarguard, holofill, quallofill, etc).
- 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

#### SKIING/SNOWSHOEING EQUIPMENT:

- Backcountry touring skis and Ski poles OR
- Snowshoes with a large surface area

