

Winter Camping Equipment List

- ___ sleeping pad (i.e. Thermarest)
- ___ 3 season synthetic sleeping bag (rated to +20 F - non-cotton!) with stuff-sack, pack in garbage bag!
- ___ insulated cup
- ___ medium sized bowl (plastic/tuperware works well)
- ___ a spoon
- ___ pair of waterproof and warm hiking boots
- ___ backpack - internal or external frame pack (min. 4000 cu. in.) - contact Kent if you would like to borrow one
- ___ gortex jacket/shell - or other water/wind-proof equivalent
- ___ non-insulated ski/rain pants (or some form of water/wind proof pants)
- ___ 2 heavy wool sweaters or pile/fleece tops (no cotton)
- ___ insulated ski parka / down jacket
- ___ wool or polypropylene/fleece pants (non-cotton)
- ___ long underwear top and bottoms (no cotton)
- ___ wool or pile hat
- ___ wool gloves/mittens (at least two pairs)
- ___ ski gloves/mittens
- ___ gaitors (if your ski pants don't have gaitors)(Overlake has some to lend)
- ___ goggles
- ___ 3 pair wool socks
- ___ bandana
- ___ a change of clothes for the trip to and from
- ___ flashlight or headlamp with spare batteries
- ___ 2 filled waterbottles (1 quart/liter)
- ___ sun hat/cap
- ___ sunglasses
- ___ sun screen
- ___ journal and writing utensil

Other equipment

- ___ ski poles (Overlake can lend you some if you don't have them)
- ___ small snow shovel (Overlake has several that we can lend out)

Personal extras:

- ___ toothbrush and paste
- ___ eyeglasses/contact lenses - bring an extra pair if you rely on them
- ___ camera
- ___ book
- ___ prescribed medicines
- ___ towel (very small, optional)

*Keep in mind the following when packing:

Remember that you carry what you bring. It is important that you follow the list and do not pack additional items. Keep in mind that you will be carrying your share of the food as well. Wool and polypropylene synthetics keep you warm when wet - cotton doesn't. Plastic garbage bags work well as waterproof liners. Line your sleeping bag stuff sack and stuff sacks full of clothes. Plastic ziplock bags will keep things like cameras and journals dry. Try to borrow any expensive items which you think you may not use again after the trip. Please do not bring any electronic equipment (except flashlights and cameras). Do not bring any cotton. We will provide all food.