

# PERSONAL SNOW CAMP KIT LIST

*All personal gear needs to be in a backpack that you will carry.*

Gear	Details
Backpack	Line backpack with large adventure smart garbage bag or put items in dry sacks. Keep room for group gear. Use a pack cover over your pack.
<b>Outer Layer</b>	
Jacket/coat	Waterproof, warm and breathable
Snow/ski pants	or breathable rain pants, or synthetic winter outdoor pants
Boots	such as, Sorels or Synthetic Hiking boots with thinsulate or liners
Gaiters (optional)	to prevent snow from entering your boots
Gloves/mittens	numerous pairs; a combination of waterproof shell outer gloves or mittens with fleece liners is very functional
3 Toques/balaclava	at least 2 for daytime, 1 just for sleeping
<b>Mid Layer</b>	
Sweaters, fleece jackets or pullovers	roomy enough to layer
Shirts, long-sleeved	warm wool or synthetic
Pants woolen, fleece or synthetic	no jeans as jeans are cotton; jeans soak up water and won't dry
<b>Base Layer</b>	
Thermal underwear	
Underwear/bra	no cotton
4-5 pairs of socks	several pairs mix of heavy winter and light synthetic liner socks
<b>Pajamas</b>	
Pajamas	wool, fleece or synthetic
Camp booties	
<b>Toiletries</b>	
Waterless hand sanitizer	travel size
Deodorant	
Hairbrush/comb	
Lip protection	
Sunscreen	
Feminine products	
Kleenex	
Toilet paper	½ roll - take out cardboard roll and put toilet paper in a Ziploc baggie
Large Ziploc baggies	to pack out garbage or wet clothing
Wet wipes	or personal cleansing cloths
<b>Dishes</b>	
Plastic bowl, insulated mug, spork or fork, knife and spoon	
2 to 3 x1 L water bottles, full with water	Reusable/Unbreakable Water Bottles ***No water on site need to bring in own water!***
<b>Sleeping System</b>	
Sleeping pad	Ensolite or thermo-rest NO AIR MATTRESSES; if using blue foam sleeping pads, two is better than one for snow camping
Winter sleeping bag	Or two three season bags – one inside the other.
Blanket(s)	wool, fleece
thermal emergency blanket/bag	one with colored backing is better than the thin silver ones
Small pillow/pillowcase or stuff sack	optional
Tarp	
<b>Other Gear</b>	
Headlamp/flashlight	with extra batteries
Whistle	Fox 40 pealess type, not metal
Small personal first aid kit	including emergency blanket
Hot water bottle/hand & foot warmers	
Sit-upon	
Sunglasses	
Camera	optional
Snowshoes	if you have your own; otherwise these will be provided
Trekking/Ski poles (optional)	optional, but highly recommended
Medication(s)	Prescription – in original container with instructions

# Clothing for Outdoor Activities

**Layers:** The following is the basic three-layer clothing system that is critical in managing body heat, especially in cold or wet weather. Layering clothing is the best way to adapt to a varied range of environmental conditions. If you're too cold, too hot, or too wet, it's hard to enjoy the outdoors. Wearing layers allows you to maintain an optimum micro-climate for your body during periods of physical activity and rest. You can anticipate changes and fine tune your personal micro-climate by shedding layers before you get too hot or by adding layers before you start cooling down.

1. **Base Layer:** The Base Layer or Inner Layer (underwear) transports moisture away from the skin and disperses it to the next layer where it can evaporate. This is called wicking. Synthetics such as polypropylene and polyester are the most popular materials for inner layer clothing.

2. **Mid Layer:** The Mid Layer provides additional insulation and continues the transport of moisture towards the outer surface of your clothing. Fleece or wool work well for this layer. This can be a few layers of light or medium thickness, wool or fleece material; the number of layers depends upon weather and individual tolerances, time of year, trip location, elevation, etc.

3. **Outer Layer:** The Outer Layer or shell, protects your micro-climate from the elements. It should also allow air to circulate and excess moisture to escape. Waterproof/breathable and windproof garments work well for this layer. Bright colours (red, orange, yellow) provide maximum visibility in poor conditions.

**Head Protection:** Up to 50% of a person's total heat loss can occur through the head. A good wool or fleece toque or balaclava will not only slow heat loss through your head, it will also make your hands and feet feel warmer because of improved circulation. Always bring extra toques.

**Hands and Feet:** To keep your head and torso warm in cold conditions, your body reduces blood flow to the hands and feet. These extremities don't generate much heat on their own, so they need protection. Mittens are warmer than gloves. Layering with a thin wool glove or liner, an insulating mitten and a shell is best. Always bring several extra pairs of gloves/mittens.

Generally, two pairs of socks are best: a thin liner sock of a wickable material such as polypropylene and a thicker outer sock of wool or a wool blend. Socks should fit snugly. If too tight, they may restrict circulation. If too loose, they can slip or bunch up, creating pressure spots leading to blisters. An extra-thick sock will not keep your feet warm if it makes your boots too tight and restricts circulation. Tightening your boot laces too tight will constrict the blood flow as well. Take extra pairs of socks.

## The secret to staying warm is quite simple:



- ❄ Dress in layers
  - ❄ When you get hot, take something off
  - ❄ When you get cold, put something on
- ❄ Stay as dry as possible – take off wet clothing and change into dry clothing
- ❄ Change clothes completely for sleeping
- ❄ Bring sensible clothing – no cotton
- ❄ Eat a lot of food often and drink lots of liquids
- ❄ Remain active



**Snow camping is a lot of fun for those who are prepared!!!**

