

REQUIRED WINTER BACKPACKING EQUIPMENT LIST

The items on this list are to be brought by each winter overnight participant in addition to the items listed on the Field Science Gear List. Please follow this checklist closely when packing for your trip.

Your safety and comfort depend on your being fully equipped!

Clothing

- **Winter boots** – Should be broken in, waterproofed, and have removable insulating liners. Waterproofed hiking boots work but are not as warm. Boots should accommodate heavy wool socks.
- **Rain jacket with hood and rain pants** – Gore-tex or coated nylon. No plastic vinyl. Insulated, waterproof snow pants will work instead of rain pants but make regulating temperature hard.
- **Wool or fleece pants**
- **Wool or fleece mid-weight shirt or sweater** – Should be big enough to go over long underwear top and light enough to go under fleece jacket or sweater.
- **Wool or fleece jacket or sweater** – Should be big enough to go over mid-weight layer and light enough to go under insulated parka.
- **Insulated parka/jacket** – Down or synthetic fill; down stuffs into a smaller size for backpacking and provides more warmth.
- **Three pair medium to heavy wool or synthetic socks** – No cotton!
- **Three pair liner socks** – No cotton!
- **Long underwear** - Silk, wool, or synthetic top and bottom.
- **Two pair wool or fleece mittens** – Mittens are warmer than gloves. One pair should have a waterproof outside layer for use in snow.
- **Wool or fleece hat** – Ski or snowboarding hat or beanie; should cover the ears.
- **Gaiters** – Long style preferable over ankle-length.
- **Booties** – Down or synthetic; for keeping feet warm around camp.
- **Bandana**

Personal Gear

- **Backpack** - capacity of at least 4,500 cubic inches; internal frame packs preferred.
- **Sleeping bag and stuff sack** – Bag should be rated to at least 0 degrees F.
- **Sleeping pad** - Ensolite, Ridgerest or Thermarest types; full-length 1/2 inch pads are warmest.

- **Ground cloth** – For under your sleeping pad.
- **Three garbage bags** – Large, heavy duty bags for protecting pack from rain and snow.
- **Dark glasses or mountain goggles** – Must screen ultraviolet light.
- **Lightweight eating gear** – Cup, bowl, spoon.
- **Two water bottles** – Quart-sized.
- **Flashlight or headlamp, spare batteries and bulb** – Small and lightweight
- **Chapstick and sunscreen** – At least SPF 15.
- **Whistle** – For emergency use only.
- **Other toiletries** – toothbrush, toothpaste, personal medications.
- **Extra plastic bags** – ziplocks and garbage bags for organization and waterproofing
- **Journal and pen/pencil**

Optional Items

- **Straps** - for securing gear to pack
- **Wool or fleece scarf or neckwarmer**
- **Paperback book**
- **Camera**

REMEMBER TO LEAVE ROOM!

In addition to your own things, you will also be carrying 10 to 15 pounds of food and group equipment in your pack. Be sure to leave room (and a weight allowance). Your pack in the end will weigh 20 to 30 pounds, so the more you can do without, the lighter it will be!

A WORD ABOUT TOILETRIES

On your backpacking trip, everything with any sort of scent will have to be stored in a limited number of bear-proof canisters that you will carry with you. This includes all food, toiletries, toothpaste, lip balm, sunscreen, lotion, etc. Space in these canisters is very limited, and bears will readily go after any scented items not properly stored. For this reason, students are restricted to only the toiletries on this list for the backpacking portion of the program. Soap, shampoo, deodorant and lotions can be retrieved from storage upon your return from the backcountry.