UVMOC Winter Packing List

Personal Gear

Head:
   _____ Wool/Pile Hat (must cover ears) OC
   _____ Synthetic Balaclava OC
   _____ Neck warmer/gaiter
   _____ Helmet (climbing & backcountry ski trips only)

Upper Body:
   _____ Light Weight or Mid-weight Synthetic Long Undershirt
   _____ Expedition Weight Synthetic Long Undershirt
   _____ Heavy Weight Fleece, Pile Jacket or Schoeller Jacket
   _____ Outer Shell- waterproof breathable (can be same as rain jacket if waterproof/breathable) OC
   _____ Winter Parka- synthetic or down filled (Optional)

Hands:
   _____ Synthetic/ Glove liners
   _____ Waterproof breathable Gloves/Mittens w/ removable synthetic liner. OC

Lower Body:
   _____ Underwear as needed (synthetic preferred).
   _____ Nylon hiking shorts (optional)
   _____ Light or Mid-weight Synthetic long underwea bottoms
   _____ Expedition Weight Synthetic long underwea bottoms
   _____ Heavy Weight fleece or Schoeller pants
   _____ Down or synthetic pants (optional)

Feet:
   _____ Boots: Pack/Snow boots or plastic shell mountaineering boots. Must be rated to -20 degrees minimum. OC
   _____ 2 pairs of light synthetic/polypropylene liner socks
   _____ 3 pairs of medium weight wool hiking socks
   _____ Gaiters. Must have in mud and/or snow. OC
   _____ Vapor barrier liner socks (optional)

Snow & Rain Gear:
   _____ Waterproof Rain Jacket - coated nylon or waterproof/breathable fabric OC
   _____ Waterproof Rain Pants - coated nylon or waterproof/breathable fabric OC
   (Could be Winter Jacket and Ski Pants, as long as waterproof & breathable)

Miscellaneous:
   _____ 2 1-quart water bottles with insulating sleeves
   _____ 1 unbreakable cup with handle (travel mugs work great) OC
   _____ 1 unbreakable bowl OC
   _____ 1 spoon/fork/spork OC
   _____ 2 bandannas: multipurpose
   _____ 1 headlamp or flashlight (w/replacement batteries and bulb) OC
1 toilet kit (toothbrush & paste, sunscreen, lip balm, gold bond, feminine hygiene).

1 pocket knife or leatherman

3 heavy plastic garbage bags (pack & sleeping bag liners)

1 pair of sunglasses

1 pair of ski goggles

Prescription eye glasses (contact lenses are hard to use in back country)

Any medications you will need to take during the trip

small notebook and pencil for journal

camera and film (optional)

small thermos for hot brew (optional)

Travel Gear:

External Frame/Internal Frame Pack with Padded Hipbelt OC

Pack Rain Cover (Optional, can use a garbage bag)

Sleeping Bag (synthetic or down fill, temp rating –20 minimum) OC

1 closed cell foam or Thermarest sleeping pad (2 in winter) OC

Snowshoes OC

Crampoms OC

Miscellaneous Winter Gear that you can rent/borrow from the OC:

Crampons OC

Hiking Poles OC

X-Country Skis, Boots and Poles OC

Telemark Skis, Boots and Poles OC

This list is only a general list. You may need different equipment for specific activities, ecosystems or to properly deal with your own body metabolism. You will need to be prepared for ANY weather conditions that may occur based on your location and the season. Ask your leader if you have any questions about the list!

Fabric Dynamics:
The clothing layers should consist of several different types of fabrics. Cotton should always be avoided in cold conditions. Cotton absorbs and retains water, and therefore it will not keep you warm if it gets wet. Also it can be difficult to dry. Polypropylene or other hydrophobic synthetic fabrics move the moisture (sweat) away from your body to the outside of the layer, reducing evaporative cooling and keeping you dry and comfortable. Wool or synthetic pile/fleece fabrics don't absorb water so they keep you warm even if they get wet. Pile also dries very quickly. A wool sweater or pile jacket provides warmth on a chilly evening. Nylon or Gore-Tex Windshells reduce convective heat loss. For raingear, coated nylon is lightweight and works well. Waterproof-breathable fabrics are also possible but are expensive.

Layering System Basics:
Combinations of these types of fabrics creates a layering system. The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating. Typically in the morning and evening when it is colder, you will need many layers on. The inner layer keeps the skin dry and comfortable. The middle layer provides some insulation and protection from the elements. The outer layer provides insulation. The shell layer protects you from wind and rain. A waterproof rain
jacket is essential in case of bad weather. The **head layer** is to reduce heat loss. The **feet layer** is actually two layers. You should wear a lightweight synthetic liner sock against your foot which helps pass moisture away from your foot. On top of this you wear a wool/nylon blend hiking sock. Having two sock layers means that your socks will slide against each other and then the friction from your boots is between the sock layers rather than against your skin, which leads to blisters.

**NOTE!!!!:** Items with OC at the end can be rented/borrowed from the Outing Club.