

UVM Outing Club - Personal Winter Packing List

Head:

- _____ * Fleece Balaclava
- _____ * Silk Balaclava (optional - for sleeping)
- _____ * Neoprene Face Mask or Neck Gaiter
- _____ * Ski Goggles or Glacier Goggles with side screens

Upper Body:

- _____ 1 Long Undershirts - polypropylene base layer
- _____ * Wool/Polypropylene/Fleece Shirt - medium weight
- _____ * Wool/Pile Sweater or Jacket - heavy weight
- _____ Windproof/Waterproof Jacket with Hood - coated nylon or Gore-Tex
- _____ * Winter Parka with Hood - synthetic/down fill, nylon or Gore-Tex outer

Hands:

- _____ Glove Liners - synthetic, polypropylene
- _____ Fleece/Wool Gloves with outer shell
- _____ * Wool/Synthetic/Fleece Mittens
- _____ * Mitten Shells/over mitts

Lower Body:

- _____ Underwear (polypro preferable)
- _____ Long Underwear - polypropylene - light to medium
- _____ Vapor Barrier Pants (optional)
- _____ * Wool/Fleece Pants/Bibs - heavy weight
- _____ Bibs/Overpants - Gore-Tex or coated nylon ski pants

Feet:

- _____ Liner Socks (thin) - polypropylene - 2+ pairs
- _____ * Vapor Barrier Socks
- _____ Wool/Fleece Socks (heavy) - 3+ pairs
- _____ * Mountaineering double boots, Sorels w/liner or Trukke boots
- _____ * Gaiters - large enough to fit over boots
- _____ * Polarguard/Down Booties
- _____ * Camp Overboots
- _____ * Cross-Country Ski Boots (if skiing)
- _____ * Ski Overboots (if skiing)

Pack & Packing:

- _____ * Large External Frame Pack - with frame extension or Large Internal Frame Pack (5500+ cubic inches)
- _____ * Stuff Sacks of all sizes - all equipment in stuff sacks
- _____ Pack raincover or plastic pack liner

(over)

Travel Equipment:

- _____ * Snowshoes with binding & snowshoe crampons
- _____ * Ski poles - 1 pair
- _____ * Ice Axe
- _____ * Crampons with binding and point protectors
- _____ * Skis and boots (if skiing)

Sleeping Gear:

- _____ * Synthetic/Down Sleeping Bag - rated to -20 or to 0 with overbag and/or vapor barrier liner. If down, bag should have Gore-tex shell.
- _____ * 2 Ensolite Foam Pads - 1/2" or Thermarest Pad

Eating Utensils:

- _____ Plastic Cup - double walled recommended
- _____ Plastic Spoon - should be tied to cup
- _____ * 2 1 qt. Nalgene Water Bottles - plastic or Lexan, wide mouth, cap retainer should be outfitted in small stuff sack with webbing loops

Food (individual):

- _____ cheese, bar food, sesame sticks, hard candy, Snickers bars etc.
- _____ 1/2 pound gorp per day

Miscellaneous:

- _____ Day Pack - for carrying extra clothing, water, lunch, camera, doubles as stuff sack.

- _____ * Flashlight - headlamp best, with lithium (best) alkaline (ok) batteries
- _____ Knife or multi tool
- _____ Whistle
- _____ Bandanas - the ultimate useful item
- _____ Extra Glasses, Sunglasses, Glasses Strap, Antifog
- _____ Sunscreen
- _____ Chapstick or lip balm
- _____ Toilet Articles
- _____ Any Medications needed during trip
- _____ Camera, film, books, games, paper & pen, etc. (optional)
- _____ Cough drops or sour balls
- _____ Thermos

Notes: Contact lenses can be a problem! Zipper pulls on all clothing and pack zippers. All clothing must be clean. Idiot strings on all mitts/shells. Nonfreezing laces on all boots. Defog all glasses and goggles. Develop method for hanging water bottles on body. Adjust and mark boots, crampons, snowshoes and skis before leaving. Figure out how you carry snowshoes or skis on your pack if the need arises. Figure out clothing arrangements: How will you organize glasses & face mask & balaclava ?

- Will your shell go over pile, over polypro, over water bottles, over body?
- Can you get wind/rainpants on with boots on, snowshoes?
- Can you get gaiters on with boots on?
- Plan your pack carefully, so that it takes as little time as possible to get anything out.
- All extra clothing should be quickly accessible.