

# 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 underwear bottoms
- \_\_\_\_\_ Expedition Weight Synthetic long underwear 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**
- \_\_\_\_\_ Crampons **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.