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.