

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.

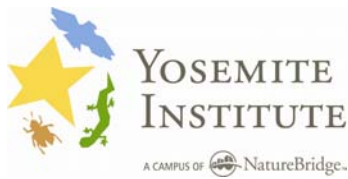
Your safety and comfort depend on your being fully equipped.

CLOTHING

- ☐ **HIKING BOOTS** - Must be broken in and waterproofed. Should accommodate one pair wool socks and one pair lightweight socks or two pair wool socks.
- ☐ **RAIN JACKET WITH HOOD AND PANTS** - Gore-tex or coated nylon. No plastic/vinyl.
- ☐ **WOOL OR PILE PANTS**
- ☐ **WOOL OR PILE SHIRT** - long sleeve
- ☐ **PILE JACKET OR WOOL SWEATER** - not too bulky
- ☐ **INSULATED PARKA**
- ☐ **TWO PAIR LIGHT WOOL SOCKS AND TWO PAIR HEAVY WOOL SOCKS**
- ☐ **TWO PAIR LINER SOCKS**
- ☐ **LONG UNDERWEAR** - polypropylene or other synthetic (**no cotton!**)
- ☐ **WOOL OR FLEECE MITTENS** - Two Pairs
- ☐ **WOOL OR FLEECE CAP** - for cool nights and rainy days
- ☐ **GAITERS** - long style preferable
- ☐ **BOOTIES**- down or polarguard (optional)

PERSONAL GEAR

- ☐ **SLEEPING BAG** 2 lbs. down or 3 lbs. synthetic fill minimum
- ☐ **GROUND CLOTH** - for under your sleeping pad
- ☐ **WATERPROOF STUFF SACK** - 2 required for sleeping bag (garbage bags inside nylon stuff sacks work)
- ☐ **SLEEPING PAD** - full length, 1/2" thick ensolite, Ridgerest or Thermarest types
- ☐ **GARBAGE BAGS** - 3 for protecting pack and other gear from rain
- ☐ **STRAPS** - 4 long straps for securing gear to pack (30" or longer)
- ☐ **BACKPACK** - capacity of 3,000 cu. inches or more (Large Capacity)
- ☐ **DARK GLASSES OR MOUNTAIN GOGGLES** - must screen ultraviolet light
- ☐ **LIGHTWEIGHT EATING GEAR** - cup, bowl, spoon.
- ☐ **TWO PLASTIC WATER BOTTLES** - one quart size, make sure that it doesn't leak!
- ☐ **FLASHLIGHT** - very small and lightweight; new batteries and a spare bulb
- ☐ **CHAPSTICK & SUN SCREEN** (*at least SPF 15*)
- ☐ **WHISTLE** – for emergency use only!
- ☐ **TOILET PAPER** - in a plastic bag; don't bring a whole roll
- ☐ **SEVERAL PLASTIC TRASH BAGS** - (30 gallon size) to cover packs or serve as extra protection from moisture



DON'T FORGET 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 bearproof 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. Bears eating your toothpaste for dinner is not only bad for the bears, it is also a scary way for you to be awoken in the middle of the night! 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. Please help us minimize our contact with bears by not smuggling in excess toiletries and by bringing the smallest size possible.