

## Packing And Gear List For The Winter Expedition

### *Items that are the most difficult to find/ rent/ borrow*

- Sleeping bag (ONE -20° bag or TWO +10° degree bags where one can slip inside the other)
- Sleeping Pad- FULL LENGTH pads: Themarest-type or two closed cell foam pads or a Themarest-type pad and a foam pad. You will lose most of your heat to the ground!
- One pair of dry, waterproof boots with removable liners. We will waterproof boots during the two class days before we go. These are Sorrel-style boots. Warm, dry, removable liners, plenty of room for socks. If the boot is tight your feet will be cold.
- At least one extra pair of boot liners. You dry one set while wearing the other.
- Sled, large enough to carry your gear and group gear. Samples are in the green lab, at the meetings, and on the blog.
- Completed Online Health Form
- Completed Wilderness Form (completed at the meeting held during conferences in January)

### *Items for camp and class life*

- Mug (not metal)- some will use this as a bowl. Insulated is good, hot chocolate and soup stays warm longer
- Bowl (not metal)- used in the same way you use a plate at home and for the morning hot cereal.
- Fork, spoon, knife. These should be camp ready, nothing fancy but large enough to be used with mittens on.
- Thermos: ENTIRELY OPTIONAL but some have found them to be a good friend on a cold day. They do need to be emptied and cleaned nightly.
- Wilderness Journal. If you do not have one this expedition will be a great time to get one started. Pick a journal with character and a sturdy binding, or, grab a composition notebook. Do not use your house journal.
- Writing utensils (include pencils). A few colored pencils are good for the sketches and maps you will make in the field. Journal entries are daily (or more). Bring some things you like to write and draw with and then throw them into a zip-lock bag with the journal.
- Tarps. You will want to bring two tarps about 12' x 12' (or larger). One will be used to pack the gear onto your sled, the other to create a windbreak for your shelter. If you are buying new tarps do not unfold them until you need them but remove the packaging before we leave.
- 25' of rope, 3/16 " - 3/8" in diameter, synthetic. Fleet farm sells lengths inexpensively but other places do as well. You will use this rope to secure your sled, dry your sleeping bag, and make your shelter. If you have some "shock" cords (bungees) that are a bit wider than your sled bring them as well (six or so).
- Flashlight (small) and one set of extra batteries. The nights tend to be bright with the moonlight reflected on the snow but a flashlight is great for getting the last details of camp set on those days that we get in late.
- Compass. BWCAW maps are all you need when canoeing but in the winter you can bushwhack to places never seen in the summer. We will learn to use a compass to make it back to the camp.

### *Personal gear and clothing suggestions*

- Camera: Some have brought good cameras but they do require additional attention. We will learn how to keep camera batteries useful and cameras dry. Disposable cameras have been good options.
- Gallon ziplock bags. Any brand that closes securely is fine. These are extra bags that you will use during the expedition as needed. Consider bringing six extras.
- Rain Gear (*depending on the year, we'll talk at the meetings*)
  
- Three sets polypro or better thermal underwear
- Pair underwear (bring as few as you are comfortable with)
- Two upper body inner warmth (fleece, sweaters)
- Upper body windbreak or shell - OR Multi-layer parka to act as warmth and shell
- Two lower body inner warmth [pants- wool or fleece or ski]
- Lower body windbreak or shell
- 3 pair warm wool or synthetic or blend socks

- 3 pair sock liners
- 2 gloves – one thin and one warmer. Both need to be dryable (no plastic film inside) and not cotton
- 1 pair mittens or really warm gloves for camp
- 1 travel cap that covers ears for use when we are moving
- 1 warm camp and sleeping cap
- Scarf if desired- they are very flexible in their uses
- Sleeping bag liner or warm wool or synthetic if bag may be too cold (optional)
  
- Place all in ziplock bags
- Bring extra ziplocks (gallon)
- Garbage bags to keep gear dry inside SES bags plus an extra 2 folded on bottom of bag
- Lip Balm (Chap Stick), sunscreen
- Sunglasses
- Additional toiletries and meds as needed.