

PARTICIPANT PACKING LIST

Winter Backcountry Camping Trip

Clothing

Feet

- 2 to 3 pair of synthetic or wool socks
- 1 pair sturdy vapor barrier socks (neoprene or coated nylon – or - multiple plastic produce bags also work, a new pair for each day of trip)
- Packable insulated camp booties (optional)

Hands

- 1 to 2 pair heavy weight ski gloves/mittens
- 2 pair of midweight gloves
- 1 pair light weight gloves

Head

- 1 heavy weight winter hat
- 2 to 3 light winter hats
- 1 to 2 lightweight neck wraps / “buffs”
- Hat w/ visor
- Ski goggles (if wind / snow are a concern)

Legs

- 1 to 2 pair wool or synthetic thermal leggings
- 1 pair heavy fleece, wool, down, or synthetic insulated tights / pants
- Waterproof, non-insulated shell pants

Torso

- 1 to 2 synthetic base layer shirts
- 1 mid-weight layer (wool or fleece)
- 1 thick insulated jacket w/ hood (preferably goose down or Primaloft)
- 1 waterproof/breathable, non-insulated shell jacket
- 1 to 2 extra layers (wind breaker, fleece shirt / vest, wool sweater)

Sleeping

- 1 Winter weight sleeping bag (-20 to 0 degree bag) for outdoor winter camping
- 1 full length inflatable sleeping pad
- 1 full length closed-cell foam sleeping pad

Snow Travel Equipment

- For Snowshoeing:* Winter boots w/ removable liners
- For Skiing:* Alpine touring, Telemark, or XC backcountry touring boots
- For Skiing:* AT, Telemark, or metal edged backcountry touring skis with touring-compatible bindings
- For Skiing:* Climbing skins or kick wax

- For Either:* Adjustable-length poles with powder baskets

Safety Equipment*

**If Traveling in avalanche terrain*

- Avalanche Beacon w/ fresh batteries
- Probe
- Packable Shovel
- Ski Helmet (if skiing downhill)

Hygiene

- Toothbrush & toothpaste
- Deodorant
- Personal medication in waterproof container (please notify trip leaders about nature and location of medication)

Packing & Transport

- 1 large internal frame backpack (4000 – 5500 cu in), all personal items must fit inside pack
- or-
- 1 small internal frame pack (2400 to 3500 cu in)
- 1 tow-able sled w/ duffel bag & straps

Other

- 2 one-liter wide-mouth water bottles
- Insulated water bottle sleeves (wool socks or closed-cell foam work)
- Insulated **plastic** bowl & utensils
- Insulated mug
- Sunglasses w/ strap
- Headlamp w/ extra batteries
- Sunscreen & lip balm
- Notebook & writing utensils (non-freezing)
- Closed-cell foam “shorty” pad

