

# Lost Creek Adventures

## Winter Camping Trip Packing List

| ✓                                                                                                                                                                                                                                                                                                                                       | ITEM - Clothing                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | NOTES |
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| <p>The key to staying warm during the winter is having enough insulation to trap the warm air that your body creates. So being, your clothing should be able to stay insulative even when wet. (NO cotton)</p> <p><u>It can be helpful to think of your winter clothing as a “system” of 3 layers. Base, insulation, and shell.</u></p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |       |
|                                                                                                                                                                                                                                                                                                                                         | <p><b>Base layers Tops and bottoms.</b> This is your <u>long underwear</u>. These should be non-cotton and snug fitting and wick moisture away. Poly-pro, silk, etc. A thin layer for heavy physical work, and a thicker layer for sitting around camp at night are options. If in doubt just go thicker.</p>                                                                                                                                                                                                                                                                                                                                                                                                                        |       |
|                                                                                                                                                                                                                                                                                                                                         | <p><b>Base layers Extremities.</b> These are your socks, face covering, hats and glove liners. Wool or synthetic, form fitting.</p> <p><u>Socks</u> of varying thickness.</p> <p><u>Balaclavas</u> are nice for covering your nose and cheeks, two spots more likely to get a cold injury.</p> <p>A thinner <u>hat</u> that covers your ears is nice for when working.</p> <p><u>Glove liners</u> are nice for working with cold objects where you need dexterity, such as fuel stoves, metal poles, etc.</p>                                                                                                                                                                                                                        |       |
|                                                                                                                                                                                                                                                                                                                                         | <p><b>Insulation Layers</b> should be a mix. Thinner layers such as fleece or wool sweaters which will provide insulation while venting moisture and heat while doing physical work, and loftier down or synthetic insulation for when sitting still. A test for whether you have enough insulation layers is you should be able to sit for an hour without getting too chilled when you are wearing everything.</p> <p><u>Insulation top layers</u> include fleece jackets, wool sweaters, down vests and parkas. This also includes a warmer hat and mittens. (Mittens are warmer than fingered gloves)</p> <p><u>Insulation bottom layers</u> include fleece pants, insulated ski pants (which have a shell already built in)</p> |       |
|                                                                                                                                                                                                                                                                                                                                         | <p><b>The Shell Layers</b> are to keep wind and water out. Without a shell, snow will stick to your insulation layer and can melt. You will want the option to add a shell to your upper and lower body, that is tough enough to crawl around in the snow.</p> <p><u>Shell tops</u> include waterproof rain jackets, or parkas (though it is better to NOT have your insulation layer built in to the shell)</p> <p><u>Shell bottoms</u> include ski pants, or suspender snow pants.</p> <p>(Traditional snow campers often like lightweight shells of tight weave cotton. These dry quickly and won't melt when working around fire, something to note when purchasing winter gear that may be around fire. Plastic melts!)</p>     |       |

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|   | <p><b>Footwear</b> can be insulative and a shell combined. The best winter boots have a removable liner that you can take out at the end of the day to dry. If you do not have a way to keep moisture out your boots will be rock-solid in the morning.</p> <p>Another option is “Mickey Mouse Boots” that have insulation encapsulated within rubber. Your socks get moist, but the boot insulation stays dry.</p> <p>Traditional <u>mukluks</u> are our favorite. Light and warmer than any “Sorel” type boot. We place a thick plastic bag (vapor barrier) over our socks to keep the moisture out of the mukluk insulation. Some survivalists just wear several layers of socks without a shell!</p> |              |
| ✓ | <b>ITEM - Camping Gear</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>NOTES</b> |
|   | <b>Sunglasses</b> are important during the winter due to the low light and reflection from the snow.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |              |
|   | <b>Sun Screen</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |              |
|   | <b>Water bottle</b> - Wide brimmed is best for wintertime (like the Nalgene type) with less chance of freezing. You can insulate your water bottle with a thick pair of socks. You can also try a “thermos” but even these have tops that can freeze, so bring both. You lose a lot of water in the winter due to dry air, and water is the best insulator for your body, so stay hydrated!                                                                                                                                                                                                                                                                                                              |              |
|   | <b>Sleeping bag(s)</b> - (If sleeping outside) The ideal is a 2 layer system. One thick bag good down to at least 10f, and an inner bag good down to 30f. Together these can keep you warm outside a tent down to -30f.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |
|   | <b>Sleeping pad(s)</b> - (If sleeping outside) Closed foam is best in the winter, 2 is even better. You can lose a lot of heat to the ground when your sleeping bag is compressed under your body.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
|   | <b>Flashlight</b> - Headlamp style is best. Winter nights are long                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
| ✓ | <b>ITEM - Other</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>NOTES</b> |
|   | Personal prescribed medications                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |              |
|   | Toiletries                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
|   | Extra prescription glasses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |              |
|   | Sleeping system option (see below)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |              |
| ✓ | <b>ITEM - Optional but nice</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>NOTES</b> |
|   | Small daypack for hikes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |
|   | Quick dry camp towel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |              |
|   | Camp Pillow                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |              |
|   | Camera                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |              |

**What else?**

For our winter classes we provide an indoor heated sleeping space with kitchenette. You are not required to sleep outside:) Our sleeping space is shared (like a hostel) and you will need to bring twin-sized bed linens, pillow, blanket, etc.

This course will provide all food and kitchen utensils, though you will be asked to assist in preparing and cleaning up.