



Suggested Packing List for a Winter Camping Trip

The following is a list of important items for any winter camping trip in the Northeast. Synthetic items are generally suggested as cotton does not dry quickly when wet, nor does it wick moisture away from your body and will keep you cold if it is wet.

Required Clothing Items: Each of these categories includes several layers for fluctuating temperatures. It is good to have some extra layers to change into at night while your day clothes dry. If you know you run cold, you may want to add additional layers to those that are suggested below.

Upper Body:

- 2 synthetic or wool long underwear (Polypropylene, Thermaz, Capilene, etc.)
- Wool sweater and/or fleece sweater (WARM)
- Down or fleece jacket (or another extra layer)
- Waterproof/windproof shell (must fit over other layers)
- 1-2 synthetic sports bras if needed

Lower Body:

- 2 pairs of synthetic or wool long underwear (Polypropylene, Thermaz, Capilene, etc.)
- Insulating layer—synthetic (fleece) or wool pants
- Snow pants or waterproof shell pants
- 2 pairs of underwear

Head:

- Synthetic or wool balaclava, or neck buff
- 1-2 wool or fleece WARM hat (should cover ears)
- Sunglasses and/or goggles

Hands:

- 2 pairs of gloves, glove liners or mittens—wool or fleece (WARM, not cotton)—at least 1 pair of mittens
- Waterproof/windproof overmitt

Feet:

- 2-3 pairs of wool socks or synthetic hiking socks
- Optional: 1-2 pairs of synthetic or wool sock liners
- Pair of insulated winter boots
- Gaiters



Required Personal Equipment Items:

- Expedition backpack (external or internal frame w/ trash bag liner)
- Sleeping bag (synthetic fiber or down filled bag rated to 0° F or lower) in stuff sack lined with plastic bag
- Sleeping pad
- Small Flashlight or headlamp with NEW and spare batteries
- Insulated cup, bowl, and spoon (NO glass!)
- 2 x 1 qt. water bottles
- Whistle (non-metal for winter)
- Sun block and chapstick (with SPF)
- Personal toiletry items (toothbrush, toothpaste, feminine hygiene products and plastic bag for disposal, contact lens solution, medications (with prescription), hand cream... avoid soap, but if absolutely necessary, bring biodegradable soap like CampSuds or Dr. Bonners

Any trip specific personal gear such as snowshoes, crampons, cross country skis, ice axes, etc.

Optional Items:

- Small pocket knife
- Compass
- Waterproof pack cover, or extra large trash bags to cover your pack
- Bandanna
- Extra prescription glasses or contact lenses
- Security strap (like Croakies) for sunglasses and glasses
- Duct tape (can wrap around water bottle or pencil to bring with for repairs)
- Camera with film
- Paperback book or other good reading material, games, deck of cards, stories
- Journal or notebook with pen
- Binoculars
- Field Guides



Additional Leader Items:

It is recommended that trip leaders carry additional safety equipment, regardless of the length of the trip.

- First aid kit, including incident report forms (appropriate to the length of trip, activity, and needs of participants)
- Copy of itinerary (with emergency phone numbers) — leave a copy behind
- Copies of ALL medical forms of participants — leave copies behind
- Maps in protective, waterproof bag (with route, emergency routes, and nearest phones)
- Compass (and knowledge of how to use it)
- Extra clothing—warm hat, mittens, long underwear, etc. (for participants or emergency situation)
- Thermarest or ground pad (for emergency situation)
- Large garbage bags
- Extra lighter or waterproof matches
- Repair equipment (appropriate to the equipment of the trip): stove kit, extra cord, duct tape, needles, strong thread/fishing line
- Pen & paper for recording emergency information
- Emergency money
- Vehicle keys
- Water purification (iodine, filter, etc.)
- Cell phone in protective case

