

PERSONAL PACKING LIST for Winter Wilderness Camping

SAFETY, WARMTH, COMFORT – moisture-wicking fibers in a base layer next to skin. Merino WOOL is one of the best. Natural fiber doesn't retain body odor like synthetics do. **DO NOT wear cotton!** It's the least effective fabric to keep you warm during times of exertion! Will not dry on trail! Moisture = worst enemy. Layer clothing using the 3 W's rule: WICKING – WARMTH – WIND.

Adjust quantities to trip length. HOWEVER, you must still pack 2 pr. boot liners & at least 2 each of clothing/outerwear items which may become damp from exertion. Wear one while the other dries. Safety & comfort first.

Please pack personal items in stuff sack(s) or small/medium duffel bag(s). They will then be packed into a 7' gear bag secured to a 7' toboggan for the trail. No large duffels please! Smaller packages are more easily packable!!

- Base layer: 2 pair long underwear – tops & bottoms, merino wool is THE best
- 2 sport bras that wick
- 2 bandanas – the only place cotton is appropriate, great for handling hot bowl of food, and so much more
- 2 turtle or mock neck tops – merino wool when possible
- 2 wool or polar fleece sweaters
- 1 heavy wool button-down shirt – handy but not necessary
- Long windproof anorak or outer jacket for use while you are active, moving, and hauling a toboggan
Don't under estimate the value of a deep-hooded anorak – protects against wind like nothing else!
- Insulated parka or jacket for when you're not on the move – PolarTech, Down, Thinsulate, etc
- 2 pair of pants – abide by the 3 W's! Polar fleece, loose fitting wool, outer ski/snow trekking pants, etc.
- 2-4 pr. wicking liner socks – only if you need something between your skin and wool
- 2-4 pr. quality wool socks – at least 85% wool
- 1-2 wool or polar fleece hats that cover ears, perhaps a brimmed style, polar fleece 'ear-toaster' headband is helpful, also a ball cap depending on weather
- 1-2 pr. outer mitts or gloves – leather choppers, Gore-Tex, waxed cotton, etc.
- 1-2 pr. inner mitts or glove liners – polypro for a base, then wool or polar fleece
** Mittens are best because keeping your fingers together within protection will keep hands warmer.
- **BOOTS MUST have removable wool-felt liners for wilderness travel in winter. This is not an option – it's about your safety & well-being!** Steger Mukluks, Sorel, LaCrosse, Merrill are best options. There are others on the market. Think light-weight, breathable, good in deep snow. Muk or Bogg brand boots w/ deep cold ratings can work, but you cannot remove liners to dry from sweat. Please do not wear short, ankle-style boots. They typically do not have removable liners, & require knee-high gaiters to attempt to prevent snow down your boots. Leave the short boots at home!
- **2 pr. REMOVABLE wool-felt liners** – one pair in boots you're wearing + one pair to swap out each night.
- 1 pr. Warm, waterproof slip-on footwear for casual wear while in tent.
- Minimal toiletries & camp towel – these will freeze so only what you truly need
- Sun glasses – include sunscreen & lip balm w/ good SPF rating. Snow reflects sun, easy to burn!
- Camp pillow – or simply stuff clothes into a stuff sack for adequate loft
- **HEADLAMP IS A MUST** – hands-free during longer hours of winter darkness is a necessity. Start with fresh batteries & bring extras (Lithium batteries handle cold weather better)
- **2 WIDE MOUTH 32 oz. water bottles** – limits freeze up at lid, a basic Nalgene is best. No flip sip or pop-up sip bottles because they will immediately freeze in winter. No leaky bottles – please test!

OPTIONAL

- Hot packets to add to mittens or boots, if you feel the need. Movement is the best body warmer!
- Day pack...small to medium to use for day treks. Carry extra outer wear, water bottle, a snack, etc.
- Hiking/Ski poles (only if you feel the need)
- Wool 'sit-upon' or Crazy Creek-style seating – chairs w/ legs sink in snow & ice
- Cross country ski equipment
- Ice fishing gear and MN fishing license – please let us know in advance if you would like to ice fish
- Insulated hot beverage mug. We provide metal camp mugs for stove top warming.
- Book or Journal – bring a pencil in the winter, pens will freeze

****BE SAFE & EMBRACE MINNESOTA'S NORTHWOODS WINTER EXPERIENCE****