

## ***North Wind Winter Adventures***

### **Equipment We Will Provide**

The North Wind Winter Adventures program will provide the following equipment. Your personal equipment can be used but will be checked by your Crew Guide for suitability.

**Sleeping system** – We have minus 30 degree mummy bags, zero degree bags with an over bag or you can use an over bag with your personal mummy bag.

**Sleeping pads** – You will be issued 2 Ridge Rest pads.

**Boots** – We have Sorel Bear boots rated to –40 degrees. We have 114 pair in sizes 7 – 16 to cover the 60 participants. You will get an extra pair of liners with the boots. The size 15 and 16 boots currently only have one pair of liners. These boots have high uppers with a drawstring closure on top so gaiters should not be needed.

**Sock liners** – Fox River Thermolite Polyester sock liner. You will get two pair.

**Socks** – Fox River extra heavy Hollofil Polyester socks. You will get two pair. These are the socks Will Steger wore across the North Pole.

**Glove liners** – Polypro gloves for inside mittens. You will get two pair.

**Mittens** – Polartec fleece mittens. You will get two pair.

**Mitten shell** – Waterproof and windproof outer shell to wear over your mittens.

**Wrist Warmers** – A fleece tube-like band that covers that area between your mitten and jacket.

**Hat (day)** – A Polartec fleece hat with ear covers.

**Hat (sleeping)** – A Polartec fleece hat that you keep dry all day and only wear while sleeping.

**Balaclava** – A stretch-fleece full headpiece to be worn if it gets windy or very cold and can be worn at night. This Head Hugger design includes a neck and shoulder cover.

**Pants** – We have wool pants and suspenders. This was the toughest piece of equipment to get. Styles will vary and we are a little slim right now in some sizes. We will continue to shop.

**Water bottle and carrier** – Drinking lots of water is important. We will provide ½ liter Platypus water bottles with a carrier so you can wear it around your neck and close to your body so it doesn't freeze.

**Duffle bag** – We will issue everyone a duffle bag to use to pickup the equipment you get from us. This will stay in the building when you go out to the campsite on Saturday. You can leave your personal clothes in this duffle bag when you change into your outdoor clothes.

**Backpack** – We encourage everyone to bring a backpack to use to carry your gear to the campsite. For those Scouts without backpacks or very small packs, we have some internal frame packs to use.

**Snowshoes** – We have lightweight Tubbs Adventure Series snowshoes. We have mostly 25" and some 30". We have enough for everyone.



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### **What You Need To Bring**

The *North Wind Winter Adventures* program will provide much of the equipment needed for your weekend. The following items will need to be provided by the participants:

**Long Underwear** – This is a very important part of a successful winter camping experience. The important role of long underwear is to wick the moisture away from the body. This is done with either a synthetic fabric or wool. There are many types of synthetic underwear but most are made from a form of polyester.

The biggest winter camping mistake is to wear cotton. Cotton absorbs moisture and holds it next to the body, which then causes heat to be drawn away very rapidly. Unfortunately, most Scouts will already own cotton long underwear. Scouts and their parents need to be told the importance of this piece of equipment. A long underwear bottom and top are needed. Medium or heavy weight is best. Two light weight layers will work too if the participant is also involved in activities like cross country ski racing where light weight is best.

**Upper body layers** – An important principle for winter camping is layering. Several layers of non-absorbing clothing that can be taken off when active and put back on when less active is ideal. These layers should be of non-absorbing fabrics again like wool or polyester. Fleece or wool sweaters or vests are great. Cotton should not be used here either. Two to three pieces are recommended.

**Outer Shell** – A winter jacket with hood works great.

**Rainsuit** – Works great for keeping dry while clearing out the center of a snow shelter and doubles as a wind layer in colder conditions.

**Eating Utensils** - A plastic bowl, plastic spoon, and insulated mug. It works great to package them in a plastic bag for carrying.

**Backpack** – A backpack will be used for carrying your gear out to the campsite. If you do not have a backpack we have 40 at camp for you to use.

**Lip protection** – A Chap Stick type product.

**Sunscreen** – The sun reflecting off the snow can easily burn your face and ears.

**Sunglasses** – Needed to protect your eyes from the bright winter sun and reflection off the snow.

**Flashlight or headlamp** –

**Personal items** – Toothbrush, toothpaste, handi-whips, etc. Packing them in plastic bag is helpful to keep them together and makes it easier to find.

**Sleeping bag** – You will sleep in your own sleeping bag in Gagner Lodge on Friday night. If you have a good mummy bag we can provide you an over bag if you would like to use it while sleeping out Saturday night.

**Regular clothes** – Come out to camp Friday night in regular clothes. You will use your winter clothes starting Saturday after breakfast through Sunday before lunch. Bring a change of socks and underwear.

**Personal medical supplies** – Bring any medicine you will need. Give these to your leader.

**Health History** – Fill out and bring a Health History Form.

**Camera** – Enter the photo contest to win a free *North Wind* weekend next year.

**Optional:** Ski Gloves, head band, pocket knife, small garbage bags for packing clothes in backpack.