

# VENTURING CREW 176

## GENERIC PACKING LIST FOR COLD WEATHER TRIPS

### General Reminders

- Dress in layers
- Avoid cotton (it's *dangerous* in cold weather); instead, bring clothing made of polypropylene, polar fleece, wool, acrylics, or other synthetics
- Keep dry

### Clothing

- \_\_\_ socks (preferably thick or multiple layers; bring extras too)
- \_\_\_ long underwear (bottoms and tops)
- \_\_\_ sleepwear
- \_\_\_ sturdy shoes -- well-fitting & broken in hiking boots and/or insulated winter boots  
(make sure they do not fit too tight with your winter socks)
- \_\_\_ long-sleeved shirt
- \_\_\_ long pants
- \_\_\_ nylon over pants or insulated ski pants
- \_\_\_ sweater/polar fleece jacket
- \_\_\_ insulated parka or coat with hood
- \_\_\_ warm hat
- \_\_\_ mittens
- \_\_\_ rain coat or poncho (waterproof!)
- \_\_\_ extra underwear (for longer trips)

### Personal Items

- \_\_\_ sleeping bag (bring warm bag and/or extra blankets)
- \_\_\_ sleeping pad (essential if sleeping in tents or Adirondack shelters)
- \_\_\_ utensil kit (spoon-fork-knife)
- \_\_\_ mess kit (cup, bowl, & plate)
- \_\_\_ bath towel, washcloth, shampoo, soap (in container or ziploc)
- \_\_\_ hair brush/comb
- \_\_\_ toothbrush/toothpaste
- \_\_\_ sunscreen (at least 15 SPF, waterproof)
- \_\_\_ water bottle (or two)
- \_\_\_ flashlight
- \_\_\_ daypack (for hiking)
- \_\_\_ journal, book, small game, disposable camera (all these are optional)
- \_\_\_ prescription medications & inhalers
- \_\_\_ signed permission slip, medical form, medication consent form