

# Winter Camp Clothing/Gear List

The environmental conditions when winter camping requires us to put a little more thought and planning into packing clothes and equipment than a typical summer trip. While we want to ensure that all Winter Camp participants have everything they need to be safe and comfortable, we do not want you to feel that it is necessary to spend a lot of money on new gear. This list is intended to help guide you through your packing and provide you with some explanations of why certain items may be important. Feel free to call our office, **613.376.1433** if you have any questions or concerns.

## Clothing List

Item	Notes
2 fleece or wool sweaters	No cotton
1-2 fleece or wool pants	No cotton. If only bringing one pair, you should bring extremely reliable rain pants to ensure your fleece/wool pants remain dry.
1 warm vest (i.e. down vest)	Recommended, not absolutely necessary, if you have other warm fleece or wool sweaters. Down vests can be extremely warm and cosy either in-camp or while hiking on the trails.
2 x long underwear tops	No cotton. You may bring 3 long underwear tops if you have them.
2 x long underwear bottoms	No cotton. You may bring 3 long underwear bottoms if you have them.
2 pairs of underwear	Avoid cotton if at all possible
6 pairs warm, wool socks	Guess what....no cotton!

## Outerwear List

Item	Notes
2 fleece or wool toques	Ensure that at least one covers your ears
2 pairs of insulated mitts (minimum)	Nylon or leather shells with a Thinsulate liner are great. At least one pair (preferably both) should be waterproof. A Gortex shell that fits over your mitts can be purchased quite cheaply (~\$20 at Trailhead, Atmosphere or Army Surplus). Leather shells are often available at hardware stores (~\$10). As mitts can get wet quite easily, please feel free to bring more than 2 pairs.
2 pairs of lightweight gloves	These are not as warm or as water resistance as your mitts, however, they are much easier to wear when performing tasks with your hands (i.e. building a fire). These gloves can be purchased for less than \$3.
1 fleece/wool neck warmer or scarf	Very important! Especially in snowy and/or windy conditions
1 fleece/wool balaclava	Optional. Great for keeping your head and face warm at night.
1 winter coat/shell	Should be waterproof. Breathable fabrics (i.e. Gortex) are best. It is often easier to manage your body temperature if you have just a shell and can adjust the layers you wear underneath. If your coat has an insulating liner (fleece, wool or down) you may consider omitting the fleece vest from the list. A longer coat (thigh length) is preferable.
2 pairs of (reliable) rain pants	Must be waterproof. Breathable fabrics are best (i.e. Gortex).
Snow pants	Not required if you have 2 pairs of warm fleece or wool pants and reliable waterproof rain pants.
Insulated boots	Feet are often the first part of your body to freeze and can be extremely difficult to warm up. Insulated boots are a <b>must-have item for winter camping!!</b> They can be purchased quite inexpensively too (at Walmart, they can be as low as \$35/pair). Boots that have removable liners are strongly recommended. A second pair of insulated liners can be inserted in the boots should the first pair of liners get wet. Boots that have a -100 degree rating are much warmer than those with a -40 degree rating. Gould Lake does have a limited number of boots that could be borrowed if necessary.
Extra insulated boot liners	Strongly recommended if your boots have a removable liner. **If your boots do not have removable liners, there is no sense in bringing extra liners.
Gaiters	Recommended. The necessity of gaiters depends on how high on your leg your boots come and how tightly your rain/winter pants and boots lay together. These can be purchased at Trailhead, Atmosphere or Army Surplus ranging in price (\$9-60)

**DO NOT BRING THE FOLLOWING:** Any alcohol, cigarettes or illegal drugs. You will be sent home &/or evacuated from the course. Any electronic devices such as cell phones, iPods, etc. Any deodorant, antiperspirant, makeup, soap, shampoos, etc.

## Sleeping Gear List

*This is an extremely important category of equipment. This will ensure that you are safe as well as comfortable while winter camping. Fortunately, there are several ways to achieve the necessary warmth from your sleeping system that do not require you to purchase an expensive winter sleeping bag.*

Item	Notes
Thermarest and/or foam insulated pads	These are vital in keeping you up off the frozen ground which can draw heat out of your body quite quickly. Possible Options: a) One thick Thermarest b) One thick Thermarest and 1 foam insulated pad c) Two foam insulated pads **Gould Lake has a few insulated pads which students may borrow if necessary. Please contact us if you wish to borrow one. **
Sleeping bag(s) and/or blanket(s)	Possible Options: a) One sleeping bag with a -15 degree Celsius (or better) rating b) Two sleeping bags with at least a 0 degree Celsius (or better) rating c) One sleeping bag with at least a 0 degree Celsius rating and a fleece or wool blanket to go inside the sleeping bag. **Gould Lake has some winter bags which students may borrow. Please contact us if you wish to borrow one.** If you have any questions regarding your sleeping system, please contact our office, <b>613.376.1433</b> .
Bivouac (or bivy) bag	Not required. If you have access to one, you may as well bring it! This is a Gortex shell that your sleeping bag and Thermarest slide into. In addition to increasing the temperature rating of your sleeping system, a bivy bag is also very useful for preventing condensation within your tent or snow shelter from getting your sleeping bag wet.
Ground sheet	Approximately 4' x 8'

## Other Items

Item	Notes
Headlamp or flashlight	Please bring extra batteries.
Waterproof stuff sacs (lined with garbage bags) OR dry bags	As needed. It is often best to avoid dry bags in the winter, as the cold temperature can make them inflexible and difficult to pack. Nylon stuff sacs and/or compression sacs can make packing your stuff sacs and your pack much easier. It's also easier to pack several small sacs as opposed to 1 or 2 large ones.
Pocket knife or multi-tool	No blades great than 4" will be permitted. Must have locking blade.
Lighters &/or matches	Make sure they are in a waterproof bag (i.e. Ziploc)
Camera	Optional
Sunglasses	A must! Sunglasses with UV protection. Snow-blindness can easily occur on a sunny winter day since the sun is lower in the sky (therefore more in your eyes) and light is reflecting off the snow and ice.
Medications	As with summer programs, it is best to bring two sets of any required medications in case one set gets wet, damaged or misplaced.
Tampon and/or pads (feminine)	Please bring even if you're not expecting your period. Should include the appropriate disposal materials (aluminum foil squares, opaque bag or jar)
Toiletries	Tooth paste, tooth brush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with a pull string or in a Ziploc
Sun screen and lip block	Minimum SPF 15.
2 (1 Litre) water bottle(s) with carabiners	A wide-mouth screw-top is best (less likely to become blocked by ice)! If you have an insulating cover for your bottle, bring it! It can greatly reduce the chances of your water freezing.
Thermos	Does not have to be a huge thermos. Try to bring a thermos that does <b>not</b> contain glass as these breaks very easily.
Insulated mug with lid	It is a good idea to attach the lid to the mug with a small string so you don't lose it.
Hiking pack	Not required- Gould Lake has several! If you would like to bring your own, feel free.

## Trail Food

*All meals and some snacks will be provided. Students are required to bring some trail food (similar to OP, OS, WIC, KIC). **Please do NOT purchase your trail mix until the packing/planning session- in case there are students with food allergies.** Students should bring twice the amount they would normally consumer per day on one of our summer trips. Options include mixed nuts, dried fruit, energy/granola/chocolate bars, candy, etc. Try to avoid food that will be especially tough on your teeth when cold or even frozen.*

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Any electronic devices such as cell phones, iPods, etc. Any deodorant, antiperspirant, makeup, soap, shampoos, etc.