

# **WINTER** Packing for three days and two nights

(Yes... There is a reason for packing this way!

What happens if you get stuck in the snow for a day because of a blizzard?)

## **Clothing:**

- Underwear (3)
- T-shirts (4)
- Pants (3)
- Thermal Underwear (1-2)
  - Top
  - Bottom
- Sweat Pants (or PJ's) (2)
- Long Sleeve Shirt (2)
- Sweat-shirt (1-2)
- Sweater or Sweat-shirt (2)
- Socks, Light (4)
- Socks, Heavy (4)
- Snow Overall (suggested)**
- Parka (with hood ideally)
- Ski hat (2 ideally, 1 minimally)
- Gloves or Mittens (2-3, please!!!)**
- Water-proofed Boots (1-2)**  
(moon boots, strongly suggested)

## **Equipment:**

### **Sleeping Stuff**

- Sleeping Bag
- Foam Pad or Air Mattress (ideally)
- Extra Blanket
- Plastic Ground Cloth
- Towel--for drying off before bed!
- Dry Sweat Pants & Hooded Shirt

### **Other Stuff:**

- Poncho
- Flashlight and batteries
- Toilet Paper (1/2 roll)
- Matches and Fire Starter
- Chap-stick** (required)
- Sunglasses** (required)
- Toilet Kit
- Canteen
- Plate, Cup, Utensils
- Waterproof Plastic bags for clothes
- Candy Bar for late night snack
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**Food ---** For winter camping, you want to eat frequently. A number of small snacks is better than waiting for a few big meals. Take along a few items from the following list:

- Trail mix
- Hard Candy (Lifesavers, etc.)
- Candy Bars
- Beef jerky
- Power Bars
- Granola Bars
- Fruit sheets

Snacks are generally not good for you. An exception is during winter camping.

**Liquids --** Drink lots of juice, water or hot chocolate. Do not eat snow if you are thirsty. Find water!