

# Cold Weather Backpacking Equipment list

## HEAD

- Wool/pile hat
- Brimmed hat (for sun protection)

## UPPER BODY

- Synthetic t-shirt (not cotton)
- Medium-weight synthetic long undershirt – polypropylene, or other hydrophobic, wicking fabric
- Expedition-weight polypropylene top or wool shirt, long sleeve
- Heavy-weight fleece jacket/wool sweater (e.g. Polartec 300)
- Wind Jacket – nylon (can be same as rain jacket if waterproof/breathable – must fit over insulating layers)
- Winter Parka – synthetic or down filled (could be replaced with an extra heavyweight fleece jacket, but won't be as warm)

## HANDS

- Synthetic or wool gloves
- Synthetic or wool mittens

## LOWER BODY

- Underwear as needed
- Medium-weight synthetic/wool long underwear bottoms – polypropylene or other hydrophobic, wicking material)
- Expedition-weight synthetic/wool long underwear bottoms – polypropylene or other hydrophobic, wicking material)
- 1 pair long pants, loose fitting, light colored (cotton okay, but synthetic better)
- Medium-weight wool or fleece pants (e.g. Polartec 200)

## FEET

- 1 pair mid-weight hiking boots. Boots should fit comfortably with two pairs of socks, a light liner sock, and a heavy wool sock
- In extreme cold Insulated boots or Plastic mountaineering boots may be needed
- 1 pair of running shoes, sneakers or sandals for around campsite wear and/or water activities
- 2-3 pairs of light synthetic/polypropylene liner socks
- 2-3 pairs of medium-weight wool or synthetic hiking socks
- Gaiters (optional)

## SHELL LAYER

- Waterproof rain jacket – coated nylon or waterproof/breathable fabric
- Waterproof rain pants – coated nylon or waterproof breathable fabric (optional)

## TRAVEL GEAR

- External or internal frame pack with padded hip belt
- Pack rain cover (optional, can use garbage bag)
- Sleeping bag – synthetic fill, rated to -10° F (-23°C)
- Sleeping pad – insulation and comfort

## MISCELLANEOUS

- 2 1-quart water bottles
- Insulated mug with handle
- Bowl
- Spoon
- 2 bandannas
- Headlamp (or flashlight) with extra batteries
- Small towel
- Toiletries – toothbrush & paste, sunscreen, lip balm, insect repellent
- Swiss Army type knife
- 3 heavy plastic garbage bags
- Sunglasses
- Extra pair of prescription glasses (if you wear glasses or contacts)
- Any medications you take

## OPTIONAL

- Small notebook w/pen or pencil
- Camera and film
- Book to read, or field guides
- Folding camp chair (e.g. Crazy Creek)
- Musical instrument
- Drawing or painting supplies