

Packing List for Winter Adventures

PACKING FOR MULTI DAY WINTER CLIMBING/MOUNTAINEERING TRIPS:

Equipment Provided by Ascent Adventure Consultants LLC

- Harness
- Mountaineering Boots
- Crampons
- Ice Axes
- Climbing Ropes
- Belay Devices
- Helmets
- Carabiners
- Safety Equipment/Protection
- Anchor Building Equipment
- Maps
- First Aid Kit
- Tents
- Stoves

Clothing

- Wearing clothing made of synthetic material and/or wool(non-cotton) is a must. This is because cotton absorbs water/sweat and aside from it causing discomfort, can lead to hypothermia (in cold weather) and restricted movement from heavy clothes.
- The proper layering for winter travel is an important skill to master. The basic principle is that you wear a thin layer next to your skin, followed by a heavier layer or layers, with the heaviest layer being next to the outer shell.
- The following list contains the clothing items that are needed. This is the minimum amount. You may want to bring additional clothing

- Long Underwear (Base Layer)
- Heavy Fleece (Mid Layer)
- Down Jacket or additional Heavy Weight Fleece
- GoreTex (or similar) outer shell
- Fleece Pants
- Insulated pants
- GoreTex (or similar) shell pants
- Windstopper pants/jacket (optional)
- Waterproof Gloves
- Warm Hat
- Balaclava
- Thick Wool Socks
- Non-Mountaineering Boots (for non snow travel)

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Food

- Before the trip begins, participants will be divided into food groups, which will help offset the food costs for each individual. The food groups will decide what to eat for each meal and snack, and will purchase their food when we arrive at the location's nearest grocery store.
- Cooking food is allowable for breakfast and dinner, but it is too time consuming for lunch
- Below you will find some food suggestions. Obviously, the list can be as creative as you want, and you can find MANY recipes for backpacking online, for example: <http://www.outdoorhighadventure.com/recipes.htm>. You can also check out the book Lipsmackin' Backpackin' for some great ideas.
- Also keep in mind that all trash (if backpacking to a different site each night) will need to be carried with you.
- Snack ideas
 - Fruit (dried or whole)
 - Nuts
 - Trailmix
 - Power Bars (or similar)
 - Energy Drink
 - Beef/Turkey Jerky
 - Energy Gel
- Breakfast
 - Instant oatmeal
 - Coffee
 - Breakfast Bars
 - Bagels
- Lunch Ideas
 - Bagel
 - Packaged Tuna
 - Sandwich
 - Pita and Hummus
- Dinner Ideas
 - Spaghetti
 - Burritos
 - Boxed pasta mixes
 - Chicken in a can
- Water
 - Each person should drink 4 liters of water per day.

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Miscellaneous

- Backpack (either a day pack or a larger overnight backpack, depending on the trip)
- Sleeping Bag rated to 0 degrees or colder
- Sleeping pad
- Sunglasses/Snow Goggles
- Water Bottles
- Sun Screen
- Camera
- Book
- Personal toiletry items
- Medications
- Flashlight/headlamp
- Small Towel
- Mess Kit/ Utensils
- Thermos