



WINTER CAMPING GEAR LIST

Suggested Clothing List

- Long underwear top and bottoms (synthetic or merino wool)
- Mid-weight synthetic or merino shirt
- Durable hiking pants (e.g. Schoeller or quick dry)
- Synthetic jacket/sweater
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell w/ hood)
- Waterproof shell pants (Gore-Tex or equivalent, preferable full side zip)
- Warm wool or synthetic socks x 2
- Water resistant over mitten, with gloves that fit inside.
- Toque (yes, I am Canadian), warm hat or balaclava.
- Down or synthetic insulated jacket (in Canmore terms, 'big puffy')
- Camp booties (or plastic bags, warm socks, and a pair of cros)
- Gaiters

Personal Equipment

- Backpack (~65L)
- Plastic bag to waterproof clothing and sleeping bag in pack
- Sleeping bag (around -25° C or -30°C, depending on your comfort level)
- Sleeping pad/Therm-a-rest (ensure it has no holes and bring a patch kit)
- Well fitting, insulated boots (ideally broken in before the trip)
- Mug, bowl, cutlery (Tupperware works well)
- Sunglasses - close fitting with good UV protection
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s) - at least 1 liter, wide mouth, plastic with tight lid. No water bladders with hose
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including toothbrush and ear plugs.
- Headlamp - with spare batteries
- Toilet paper and hand sanitizer (enough to last you through the trip)
- 2 x Sandwich sized ziploc baggies
- Lighter
- Chemical hand and toe warmers for each day

Optional

- Camera, spare battery and memory card
- Collapsible hiking poles
- Pocket knife (Swiss Army style)
- Small personal amount of liquor / treats, if desired
- Reading material/pencil/journal for evening

Lightweight Philosophy:

Get Outside is a big believer in keeping ones pack lightweight. After years of backpacking, we have discovered tricks and tips to pack a lighter bag. By keeping your pack lighter you get to experience more energy at the end of the day, increased agility, and fewer injuries. We are happy to help you drop weight in your pack!

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