



ADVENTURES

IN GOOD COMPANY

PACKING LIST

OUTDOOR CLOTHING

- 1 pair comfortable insulated boots: minimum rating of -25 F *See 'Notes on Packing List'*
- Note:** Duck boots and insulated hiking boots are **NOT** adequate.
- 2-3 pairs of hiking socks: We recommend mid-calf length to fit over inner layers. (Smartwool, Ultimax, etc.)
- 2 pair liner socks: Silk or synthetic equivalent (only if you already use them)
- 1 lightweight pair of long underwear, top and bottom
- 1 medium weight pair of long underwear, top and bottom (Smartwool/synthetic such as Capilene, polypropylene)
- 1 medium to heavy weight wool or fleece sweater/jacket (this layer could also be a lightweight puffy jacket)
- 1 winter coat (insulated synthetic or down jacket)
- 1 pair warm fleece pants to wear over long underwear
- 1 pair wind pants (can be rain pants) - *See 'Notes on Packing List'*
- 1 pair of insulating snow pants
- 1 waterproof jacket NON-INSULATED with a hood (rain jacket) - *See 'Notes on Packing List'*
- 1 warm vest: fleece, down, wool, or synthetic.
- 1 scarf/neck gaiter/balaclava/buff (fleece, wool or other synthetic material)
- 1 pair Liner gloves: wool or synthetic equivalent – necessary for dog sledding.
- 1 pair WARM mittens (make sure mittens fit over liner gloves, windproof material on the outside is preferable.
- 1 warm hat: wool or fleece that covers your ears (you may want to bring 2 hats in case one gets wet)

INDOOR CLOTHING

- Indoor footwear: warm slippers, down or synthetic booties, heavy wool or fleece socks.
- Sleepwear and/or sweats for sleeping/wearing in the evening.
- Extra clothing for the condo after a day outside and for going out to dinner. (Casual)
- Swim suit for hot tub, sauna and swimming

EQUIPMENT

- 1 daypack: large enough to carry all you need for the day – *See 'Notes on Packing List'*
- 1 Nalgene type water bottles -- Total capacity 1 Liters – *See 'Notes on Packing List'*
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Sunglasses (100% UV protection) w/retention strap
- Ear plugs (for a good night's sleep!)
- 2 - 3 pairs of Chemical toe and hand warmer packets
- Watch

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/personal 'patch' kit – *See 'Notes on Packing List'*



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Please note: Individuals allergic to insect stings must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL ITEMS	
Overmitts (a windproof barrier you wear over your mittens - highly recommended)	Knee-high Gaiters
Book, notebook, journal, pencil/pen	Headlamp
Ski goggles	Camera (extra battery) and film/memory card
Travel alarm clock	Favorite snack
Trekking poles with snow-baskets (Our outfitter has snowshoeing poles that we can use but if you have a pair that you swear by, feel free to bring them. Make sure they have SNOW-BASKETS or they will punch through the snow and not be helpful)	

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably, so please be sure to follow the packing list as closely as possible. Temperatures on this trip can range from 25 above zero to 25 below zero. We recommend dressing in layers from long underwear to a wind-proof outer layer. Each layer should fit comfortably over all the preceding layers.

Please do not be intimidated by the packing list - if you have questions about what to bring or what you can make do with, please give us a call (toll free) 877-439-4042.

Daypacks: You will need a daypack that is large enough to hold the following items: 1 liter of water, windproof layer (lightweight rain gear works for this), lunch/snacks (for the day), warm layer (fleece pullover/vest/additional jacket), extra gloves/mittens, warm hat, top and bottom wind/rain layer (if not already wearing) and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Note: A fanny-pack is not large enough to hold all of the items you will need for the day.**

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small amount of duct tape (can wrap around a pencil or a water bottle), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is always a good idea.



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Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON for your active wear!** It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. Please note: If you are not familiar with colder weather similar to the Minnesota winters, you may be tempted to 'skimp' on the warm clothing listed. Please do not 'give in'. If you have any questions, please feel free to give the office a call for advice.

Outer layer/Jackets and pants: You need **BOTH** an insulated winter coat such as a down/poly ski jacket **AND** a non-insulated jacket and non-insulated rain pants (like your summer rain gear). Gore-tex is ideal for the non-insulated (rain gear) layer. The purpose of this waterproof/windproof layer is to shed snow and to protect against the wind Note: This layer must fit over long underwear and other warm layers. Side zippers are recommended for pants for ease of pulling on with boots on.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. For this trip we recommend bringing 1 Nalgene type bottles (capacity to carry 1 liter). This bottle needs to be a hard-plastic bottle that can take hot water as well as cooler water. Many of us now have hydration systems and these are wonderful. However, if used during really cold weather, the water tends to freeze in the tube and renders you basically without water. There are cold weather techniques and if you may be familiar and experienced with these techniques. However, for this trip, we highly recommend using a Nalgene bottle for hydration purposes.

Insulated boots:

Probably not many of you will have -25° F boots just hanging out in your closet but yes, that's what is recommended for this trip. Keeping your feet warm is very important for both fun and safety. The following website is helpful in understanding the different types that are available:

<http://wintertrekking.com/clothing/boots/>

The type of boot that is the most reasonably priced and meets the requirements is the Pac Boot. These boots can also be used for general use once the trip is over. Outfitters who specialize in providing equipment/clothing for ice fishermen, hunters and mountaineering will carry this type of boot.

- It is best to have boots that have an inner lining that can be removed.
- Duck boots and insulated hiking boots (even if they say they are rated to -25F) are **NOT** adequate for this trip.

Note, it's important to have insulated boots for snowshoeing and walking around outside during the trip. For dog sledding specifically, our Outfitter has the final say on whether or not the boots you bring are adequate. If your boots are deemed not warm enough for dog sledding, Adventures in Good Company will rent boots for you to use that day at no additional cost to you.

THANKS FOR READING
HAVE A GREAT ADVENTURE!