

# HOWLING WITH WOLVES, RUNNING WITH DOGS

## Adventures in Good Company's suggested packing list

**OUTDOOR CLOTHING:** We recommend dressing in layers from long underwear to a wind-proof outer layer. Each layer should fit comfortably over all the preceding layers. It is essential to bring clothing made of synthetic materials commonly referred to as “polyester fibers.” Natural materials such as silk or wool are excellent as well-non-cotton blends. **Cotton makes you colder if damp or wet.** See reverse for more details on synthetic materials and layering **Please do not be intimidated by this 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).

- \_\_\_ insulated (to -40F, preferably) flat soled boots, with **removable felt liners**, large enough to fit 2 pairs of socks—Sorels, mukluks, etc. are recommended (not hiking or “duck” boots) (These **can be rented** if you let us know in advance)
- \_\_\_ 2-3 pair socks: heavy wool or polyester/lycra blend (such as Coolmax or Ultimax). We recommend mid-calf length to fit over inner layers
- \_\_\_ 2 pair liner socks: silk or synthetic equivalent (Coolmax, polypropylene, or Thermastat)
- \_\_\_ Layer 1: top and bottom long underwear: silk or synthetic equivalent (“lightweight” Capilene, polypropylene, or Thermastat)
- \_\_\_ Layer 2: light wool sweater or shirt or synthetic equivalent (“expedition weight” Capilene, micro-fleece, or Thermastat)
- \_\_\_ Layer 3-top: **heavy** wool sweater, down parka, bunting jacket, or synthetic equivalent (pile, fleece)
- \_\_\_ Layer 3-bottom: **warm** pants to wear over long underwear—wool, fleece, or down work great
- \_\_\_ Layer 4-top: wind-proof jacket with a **hood** (must fit over inner layers) and preferably made of a breathable material (see reverse for specific fabric names)
- \_\_\_ Layer 4-bottom: wind pants preferably made of a breathable material—must fit over long underwear and warm pants. Full side zippers make your pants easier to pull on over your boots
- \_\_\_ wool scarf, neck gaiter, or balaclava (a balaclava covers most of your neck, face and head and can be found in many outdoor stores)
- \_\_\_ mittens: 2 pair—if one pair fits over another, your hands can be extra warm
- \_\_\_ warm hat: wool or fleece that covers your ears
- \_\_\_ bathing suit

### INDOOR CLOTHING:

- \_\_\_ indoor footwear: down or synthetic booties, heavy wool or fleece socks, or warm slippers
- \_\_\_ pajamas (a set of sweats to wear around the cabin in the evening and to sleep in work well)
- \_\_\_ extra clothing for the cabin after a day outside: pants, long-sleeved shirt, etc.

### TOILETRIES

- \_\_\_ bath towel, soap, shampoo, toothbrush, toothpaste, dental floss, hand cream, and other toilet articles
- \_\_\_ sanitary supplies and a ziplock bag or two
- \_\_\_ personal “patch kit”: bandaids, 1 safety pin, moleskin, ibuprofen, personal medications, if any.

### ESSENTIALS

- \_\_\_ small flashlight or headlamp
- \_\_\_ sunscreen and lip protection with SPF15
- \_\_\_ 1 qt. wide-mouthed, **hard** plastic water bottle, such as one made by a company called Nalgene: this is optimal in winter conditions. (You can also buy an insulated water bottle case). Soft plastic bottles may break in cold conditions
- \_\_\_ day pack: large enough to carry your extra layers, water bottle, lunch, extra mittens, sunscreen, sunglasses
- \_\_\_ sunglasses: 100% UV blocking
- \_\_\_ liner gloves: wool or synthetic equivalent (fleece, pile, etc.). Glove liners are really necessary for dogsledding trips since you will be taking off your outer mitt for better dexterity when hooking dogs up to the gang line; bare fingers chill quickly especially when handling metal.

### OPTIONAL

- \_\_\_ chemical hand/foot warmers
- \_\_\_ goggles (to protect your eyes from branches that hang low)
- \_\_\_ gaiters: knee high to keep you dry and warm in deep snow
- \_\_\_ camera, film and extra batteries
- \_\_\_ bandanna
- \_\_\_ journal and pen or pencil
- \_\_\_ watch