

## ADDITIONAL NOTES ON EQUIPMENT FOR WINTER TRIPS

Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Layering** is the most practical and efficient method of insulating the body. Warm air space is trapped between layers of fabric, and 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.

The layering procedure begins with a BASE LAYER of silk or "lightweight" synthetic long underwear and liner socks. These materials draw moisture away from the skin (this is called "wicking") and help keep you dry and therefore warmer. Some synthetic materials that we find work well include Capilene, Thermastat, polypropylene, Driclime, Helly Hansen, and Ultrawick.

Over the base layer wear a second, MEDIUM-WEIGHT layer on your upper body such as "expedition-weight" Capilene or Polartec. Over the second layer, add a third HEAVY-WEIGHT layer. The top should be a thick material such as wool, or fleece, and the bottom layer can be wool pants or a synthetic equivalent such as Polartec or Capilene fleece.

The fourth and final layer is called the OUTER LAYER. This layer is for protection from wind and rain. You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on a backpack or daypack; can you still raise your arms? Lastly, the wind pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to natural fibers—thus, they continue to provide warmth when wet. Also, they tend to be lighter and less bulky than natural fibers. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics, but if you prefer not to spend the money, wool is a very good substitute. Cotton is not! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**

Items on your packing list can be purchased through a number of outdoor outfitters. Here are three companies that offer mail order service and have internet "stores" (often with special deals):

Recreational Equip. Inc (REI)	Sierra Trading Post	Campmor
800-426-4840	800-713-4534	800-226-7667
www.rei.com	www.SierraTradingPost.com	www.campmor.com

Sierra Trading Post has discounts on seconds and discontinued items and also has an excellent return policy. REI also has a discount store called REI outlet. **We have links to REI and Sierra Trading Post on our website in our Resources section ([www.adventuresingoodcompany.com/affiliates.html](http://www.adventuresingoodcompany.com/affiliates.html))** You may also want to visit your local Army/Navy surplus store and thrift stores such as Goodwill and the Salvation Army.