

## DOGSLEDDING AND WINTER FUN

### 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. We highly recommend bringing clothing made of synthetic materials commonly referred to as “polyester fibers.” Natural materials such as silk or wool are excellent as well—**not cotton or 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).

- 2-3 pair socks: heavy wool or polyester/lycra blend (such as Smartwool, Thorlo or Ultimax). We recommend mid-calf length to fit over inner layers
- 2 pair liner socks: silk or synthetic equivalent (if you know you don't like liner socks, don't bring them)
- Layer 1: top and bottom long underwear: wool (smartwool, Ibex) or synthetic equivalent (“lightweight” Capilene, polypropylene, or Thermastat)
- Layer 2: light wool sweater or shirt or synthetic equivalent (“expedition weight” Capilene, microfleece, wool)
- Layer 3-top: **heavy** wool sweater, synthetic or down jacket, or heavyweight/ windproof fleece jacket.
- 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
- warm vest: fleece, down, wool, or synthetic
- scarf, neck gaiter, or balaclava (a balaclava covers most of your neck, face and head and can be found in many outdoor stores) - fleece, wool, or other synthetic material
- mittens: 2 pair—if one pair fits over another, your hands can be extra warm
- liner gloves: wool or synthetic equivalent
- warm hat: wool or fleece that covers your ears
- Insulated boots: one pair of very warm boots (-40F rating optimal) for snowshoeing and dogsledding such as Sorels (removable liners are desirable but not essential).

#### INDOOR CLOTHING:

- indoor footwear: down or synthetic booties, heavy wool or fleece socks, or warm slippers
- pajamas (a set of sweats to wear around in the evening and to sleep in work well)
- extra clothing for the condo after a day outside and for going out to dinner (Minnesota in the winter is very casual!): pants, long-sleeved shirt, etc.
- bathing suit for hot tub, sauna, and swimming

#### SKI EQUIPMENT

- skis, boots, poles, snowshoes are included in the package.
- day pack/ fanny pack lined with a plastic bag: large enough to carry an extra warm layer, water bottle, extra mittens, sunscreen, and sunglasses

#### TOILETRIES

- 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

- sunscreen and lip protection with SPF15
- sunglasses: 100% UV blocking
- 1 qt. wide-mouthed, **hard** plastic water bottle, such as one made by Nalgene: this is optimal in winter conditions. (You can also buy an insulated water bottle case). Soft plastic bottles may break in cold conditions

#### OPTIONAL

- goggles (to protect your eyes from branches that hang low)
- small flashlight or headlamp
- gaiters: knee high to keep you dry and warm in deep snow
- journal and pen or pencil
- camera, film and extra batteries
- chemical warmers for your hands/ feet
- small musical instrument
- favorite book
- overmitts (a windproof barrier you wear over your mittens and liner gloves)