

ADVENTURES

in good company

DOG SLEDDING AND WINTER FUN PACKING LIST

OUTDOOR CLOTHING

- ❑ 1 pair insulated **boots**: minimum rating of -25°F or 400g of insulation. See 'Notes on Packing List' - duck boots and summer hiking boots ARE NOT adequate.
- ❑ 2-3 pairs of hiking socks: We recommend mid-calf length to fit over inner layers. (**Smartwool**, **Woolrich**, etc.)
- ❑ (Optional) 2 pair thin liner **socks**: silk or synthetic equivalent
- ❑ 1 pair medium weight long underwear **top** and **bottoms** - silk, wool or synthetic equivalent
- ❑ 1 medium weight wool or fleece **sweater/shirt**
- ❑ 1 insulated synthetic or down (600g) puffy **jacket** or **parka**.
- ❑ 1 lightweight synthetic or down (600g or less) puffy **jacket** (for layering).
- ❑ 1 heavy-weight/windproof fleece **jacket**.
- ❑ 1 pair warm/insulated **pants** to wear over long underwear – wool, fleece or down work.
- ❑ 1 waterproof **jacket** NON-INSULATED with a hood (rain jacket)
- ❑ 1 **scarf**/neck gaiter/**balacava**/**buff** (fleece, wool or other synthetic material)

- ❑ 1 pair wind **pants** (can be rain pants)
- ❑ 1 pair **snow pants** (insulated pants)
- ❑ 1 warm **vest**: fleece, down, wool, or synthetic.
- ❑ 2 pair Liner **gloves**: wool or synthetic equivalent – necessary for dog sledding.
- ❑ 2 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)
- ❑ **Swimsuit** for hot tub, sauna and swimming.

EQUIPMENT

- ❑ 1 daypack large enough to hold water, lunch, rain gear, camera, snacks, extra layers, patch kit, and sunscreen. (30-40 liters.)
- ❑ 1 Nalgene type water bottle
- ❑ 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
- ❑ Headlamp and two spare batteries
- ❑ Ear plugs
- ❑ 2 - 3 pairs of Chemical toe and hand warmer packets, at a minimum
- ❑ wristwatch

TOILETRIES (SMALL EVERYTHING)

- ❑ Toothbrush and toothpaste
- ❑ Sunscreen and lip protection
- ❑ dental floss
- ❑ hand sanitizer
- ❑ shampoo

- ❑ Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen
- ❑ Personal items (contact lens supplies, sanitary items, personal medications such as an Epipen if needed)

OPTIONAL

- ❑ camera and film/memory card (extra batteries)
- ❑ pocketknife
- ❑ Knee high gaiters
- ❑ journal and pen
- ❑ Ski goggles
- ❑ Ovenmitts (a windproof barrier you wear over your mittens)

ADVENTURES IN GOOD COMPANY'S packing list covers our recommendations for items that will contribute to your safety and comfort, 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 windproof 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 at 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), lunch/snacks (for the day), warm layer (fleece pullover/vest/additional jacket), extra gloves/mittens, warm hat, top and bottom wind/rain layer 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.**

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, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

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 activewear! 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. If you are not familiar with colder weather, you may be tempted to 'skimp' on the clothing listed. Please don't! If you have any questions, feel free to call our office for advice.

OUTER LAYERS - JACKET 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. 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. This layer should fit over long underwear and other 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 to access your water to facilitate drinking frequently. For this trip we recommend bringing 1 Nalgene type bottle (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 have -25° F or 400g insulated boots in your closet, which is the recommendation for this trip. Keeping your feet warm, especially when dogsledding, is very important for both fun and safety. For snowshoeing and general wear around outside during the trip, you'll want a comfortable women's winter boot. Check out REI's website for deals and pay attention to the temperature ratings. Please note that "Duck boots" and summer hiking boots ARE NOT adequate for this trip. For dog sledding: If our dog sledding outfitter does not think the boots you have brought are adequate for the dog sledding day, they have boots you can use (AGC will rent these boots from the outfitter for you at no extra cost to you).

Please note that this packing list is meant to be extensive.

The more gear you have available to you, the better chance you will have to compete with the ever-changing Minnesota conditions. Also note that conditions in Minnesota winter's are very different from winters in other parts of the United States. Minnesota's winters can range from -30 (with the wind chill) to 35°F.

AGC also encourages you to buy gear from local, used gear exchanges. This will help reduce the cost of gear needed for this trip.

***Disclaimer:** This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*