



# ADVENTURES

*in good company*

## Dog Sledding and Winter Fun Packing List

### OUTDOOR CLOTHING

- \_\_\_ 1 pair insulated boots: minimum rating of -25 F See 'Notes on Packing List' - 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 Medium weight long underwear, top and bottom (Smartwool/synthetic such as Capilene, polypropylene)
- \_\_\_ 1 medium weight wool or fleece sweater/shirt
- \_\_\_ 1 insulated synthetic or down jacket.
- \_\_\_ 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) - See 'Notes on Packing List'
- \_\_\_ 1 pair wind pants (can be rain pants) - 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)
- \_\_\_ Swimsuit 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, at a minimum



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## 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'

**Individuals allergic to insect stings must bring an epi-pen, consult your physician & tell your AGC guide.**

## OPTIONAL

Camera (extra battery) and film/memory card

Book, notebook, journal, pencil/pen

Knee high Gaiters

Ski goggles

Favorite snack

Overmitts (a windproof barrier you wear over your mittens - highly recommended)

Travel alarm clock

## NOTES ON PACKING

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, Comped, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for



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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 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 - 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. 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 for accessing 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 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 insulated hiking boots (even if they say they are rated to -25F) **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).