

ARCTIC ADVENTURE PERSONAL EQUIPMENT LIST

* FOR *WINTER CAMPING* ALL ITEMS ARE NEEDED

* **BOLD** ITEMS ARE NEEDED FOR ALL OTHERS

- ✓ **COPY OF MEDICAL FORM (BSA AHMR FORM, PART A & B)**
- ✓ **(1) Sleeping Bag** (lightweight, if staying indoors), **or** (rated for winter, if winter camping), (or)
- ✓ (2) Three-season sleeping bags combined together. One mummy bag and one rectangular bag combined, works great.
- ✓ (1 or 2) Closed Cell sleeping pads for insulation
- ✓ Waterproof ground sheet / tarp
- ✓ **(2) Winter stocking caps**- one spare, facemask type is a good idea
- ✓ **(2-3) Pairs of mittens** with outer shell (mittens are warmer than gloves)
- ✓ **(2-3) Wool sweaters** or polar fleeces
- ✓ **(1) Winter jacket**, preferably parka-style and hooded
- ✓ **(2) Pairs of long underwear** (synthetic such as polypropylene)
- ✓ **(2) Pairs of pants**, wool or insulated snow pants work well - No Jeans while outside
- ✓ **(2-3) Pairs of heavy insulated socks**, wool or synthetic
- ✓ **(2-3) Pairs of light liner socks** (synthetic such as polypropylene)
- ✓ **Winter boots** w/ liners
- ✓ **Toiletries** (e.g. toothbrush and paste, soap & towel)
- ✓ **Flashlight**
- ✓ **(1) Water bottle**
- ✓ **(1) Duffle bag** or Duluth style pack or backpack to carry & hold your gear.
- ✓ **(1) Slippers**, moccasins or other shoes for use inside cabin only
- ✓ Sleds & shovels will be provided for winter campers to transport gear & build snow shelters

Other Items to consider:

- ✓ Fleece sleeping bag liner
- ✓ Extra boot liners
- ✓ Scarf or neck gaiter
- ✓ Polypropylene glove liners
- ✓ Chapstick
- ✓ Insulated Vest
- ✓ Bandana
- ✓ Extra socks
- ✓ Extra Gloves
- ✓ Extra Flashlight
- ✓ Personal Snowshoes or Skis (if you have them)
- ✓ Fishing license / ice fishing equipment

Items you always need:

- ❖ Positive Mental Attitude
- ❖ A Smile.... and maybe a spare!