

Deep Freeze Packing List

Bag lunch & drink for Saturday

Clothing (to wear in layers)

Required:

- Waterproof Winter Boots or hiking boots sealed with Sno-Seal
- Warm socks (wool or acrylic) minimum 5 pairs (one for each day & night)
- Long underwear (tops & bottoms) Polypropylene, silk, or wool. 2 sets recommended.
Cotton long underwear can be worn to sleep
- Pants (2 pr) Not Cotton – wool, fleece, nylon
- Waterproof outer pants (snow pants, rain pants, etc.)
- Synthetic or wool shirts
- 2 Sweater or fleece tops (no cotton sweatshirts)
- Heavy, warm winter parka (to fit over other layers)
- Warm hat to cover ears (spare recommended)
- Balaclava or face mask, or scarf or neck gaiter
- Warm waterproof mittens or gloves (with liners if you have them) (2-3 pairs)
- Raingear (in case of rain or wet snow)

Optional:

- Headband or earmuffs if it is warm
- Gaiters to keep snow out of low boots
- Extra clothes if yours get wet

Gear

Required:

- Backpack to carry your gear
- Winter sleeping bag (Mummy style – 10-15 degree min recommended) CAN RENT
- Waterproof ground cloth
- Sleeping Pad (Foam or Therm-a rest)
- Mess kit (plate, cup, eating utensils)
- Small water bottle to keep inside your jacket, sleeping bag – to prevent freezing
- Flashlight & extra batteries

Optional:

- Sleeping bag liner if you have one
- Fishing gear for ice fishing
- Snowshoes (can be rented at Eastern Mountain Sports)
- Cross-country skis/boots/poles
- Plastic sled with rope to pull gear
- Headlamp flashlight
- Pocket knife
- Small lantern
- Small shovel for building the Quinzee snow huts
- Camera
- Personal Care items
- "Hand Warmer", "Feet Warmer" packets