

Recommended Personal Gear & Clothing List for Winter Adventure Based Leadership & Team Building

Personal Equipment

- ❑ Skis, Boots, Poles & Skins (Winter boots for snowshoes if do not have alpine touring or cross country gear)
- ❑ Snowboard, Boots
- ❑ Helmet
- ❑ Goggles
- ❑ Snowshoes
- ❑ Day Pack (40 litre)
- ❑ Duffle Bag
- ❑ Medications
- ❑ Sleeping Bag (-5degree)
- ❑ Water Bottle x 2
- ❑ Flashlight or Headlamp
- ❑ Sun Screen & Lip Balm
- ❑ Pack Towel
- ❑ Toiletries (Toothbrush/paste, Toilet Paper, etc.)
 - ❑ Personal Medications (if required)

Clothes

- ❑ Fleece Mittens, Polypropylene Glove Liners and/or Overmitts (2-3 pairs)
- ❑ Fleece Hat & Balaclava
- ❑ Synthetic Underwear
- ❑ Middle layer (Fleece Sweater & Pants)
- ❑ Down Vest
- ❑ Outer Layer Jacket & Pants (Gore-Tex)
- ❑ Socks (3-4 pairs minimum)
- ❑ Sunglasses & Goggles
- ❑ Gaiters
- ❑ Winter boots if snowshoeing
- ❑ Camp Boots/Slippers/Shoes
- ❑ Extra Clothes – to adjust for temp. variation & replace sweaty clothing
- ❑ Comfy Clothes for the Hut
- ❑ Small Notepad & Pencil
- ❑ Optional - Camera, GoPro & Binoculars