

Extra gear for winter camping

keep your feet dry

- ___ leather shoes or snow pacs are best
 - **tennis shoes are not recommended!**
- ___ wool socks instead of cotton ones
 - bring two extra pairs
- ___ gaiters (recommended)
- ___ plastic bags for vapor barriers (optional)

keep your clothing dry

- ___ wool pants are better than cotton jeans
- ___ wool sweaters and/or shirts
- ___ long underwear (polypropelene, etc. instead of cotton)
- ___ parka and/or nylon windbreaker
- ___ nylon windpants (optional)

keep your extremities warm

- ___ wool mittens are better than ski gloves
 - bring an extra pair in case the first gets wet
 - glove liners
- ___ wool hat (70% of heat loss is through head)

protect yourself from the sun

- ___ suntan lotion (SPF 30 or greater)
- ___ chapstick with sunscreen in it (recommended)
- ___ sunglasses

stay warm at night

- ___ sleeping pad or therm-o-rest pad
 - two pads are warmer than one
- ___ wool blanket on top of sleeping bag adds extra warmth
 - bivouac sack