

## **SUGGESTED PACKING LIST**

*January 2010 Interim Course at Audubon Center of the North Woods  
Wolves and other large Predators: A Northwoods Experience, 1/4-1/22/10*

### **Layering System:**

If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. If snow is deep, you will be working hard and building up lots of heat. Layers should then be shed to reduce perspiration so you don't get your insulating layers wet. Wet clothing means quick conduction of heat away from your body.

Day trips and research days will typically require us to be outdoors all day. At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Your daypack should be large enough to carry some extra clothing, field guides, a clipboard, water bottles – 2 quarts, flashlight and lunch.

Each evening you will have to work towards drying clothes so that they can be used again. (Do not go out and buy a parka just for this course. As long as you can bundle up in lots of layers almost any winter overcoat will do.)

**WINTER CLOTHING CONCERNS:** Winter conditions demand far greater concern for proper clothing than any other season. The effect of cold, wind and moisture are most severe at this time, so clothing should be chosen to serve adequately for safety and comfort. Wool is one of the best materials, since it has a high insulation value and retains most of that value even when wet. Silk, polypropylene, fleece, pile, bunting, and a host of other materials are available, with specific uses and abilities, and they should also be considered, especially if layered with some wool.

**COTTON SHOULD BE AVOIDED, BECAUSE IT HOLDS MOISTURE AND LOSES ALL INSULATION VALUE WHEN WET.**

- *see packing list on next page* -

**(NOTE: You do not need all items to attend \_ READ CAREFULLY!)**

**Clothing and Equipment Note:** At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Each evening you will have to work towards drying clothes so that they can be used again. (DO NOT GO AND BUY A PARKA JUST FOR THIS COURSE. AS LONG AS YOU CAN BUNDLE UP IN LOTS OF LAYERS, ALMOST ANY WINTER OVERCOAT WILL DO. Call if you have questions.

- sleeping bag or bedroll and pillow to put on bed in lodge - make sure they are warm!
  - Wool or fleece hat or balaclava
  - scarf – wool or fleece is the best
  - wool or other heavy duty mittens - at least 2 pairs
  - leather or nylon overmitts - to keep wool ones dry
  - wool or fleece sweaters - 2
  - long sleeved wool or polypropylene shirts
  - wool shirts
  - wool or polypropylene long underwear - TOPS AND BOTTOMS - 2 sets is recommended
  - wool socks - at least 4 pairs
  - liner socks - lightweight wool, polypropylene, or silk\*
  - down, fleece or polarguard vest
  - winter jacket, parka or shell
  - gaiters - a must to keep snow out of boots and socks
  - good winter boots with REMOVABLE WOOL/FELT LINER - THIS IS A MUST HAVE ITEM! SOREL BOOTS are the best - there are many less expensive copies which work well too. These are boots with rubber bottoms and leather uppers.
  - extra pair of wool/felt liners for boots\*
  - good raingear - jacket and pants - good for wind protection; should be durable in cold - cheap stuff falls apart
  - handkerchiefs
  - sunglasses or ski/snow goggles
  - bathing suit for the sauna and hot tub at Solbakken
  - wool pants - 2 pairs - one heavy and one light OR one pair of wool and one pair of ski/snow pants. Wool pants are available at Army/Navy surplus stores at very reasonable prices (looks may not be the greatest, but warmth is terrific!)
  - down or polarguard booties\* (optional for lodge use)
  - LARGE DAYPACK - a must for carrying gear and extra clothing on day trips
  - camera/film (optional)
  - pocketknife
  - small flashlight/bulbs/batteries - headlamp works well - good for late work since it gets dark around 4:30 P.M. in the winter
  - binoculars (optional)
  - notebook/pens/pencils (pencils work best in winter conditions)
  - compass - or orienteering style with 2 degree increments SILVA POLARIS
  - GPS unit (highly encouraged)
  - Laptop computer (optional)
  - clipboard
  - 2 heavy duty large garbage bags to line your daypack
  - large freezer ZIPLOC bags to cover notebooks and field guides
  - quart size steel thermos\* - so your water doesn't freeze
  - 2 quart-sized water bottles
  - cross country skis/boots/soles/waxes - optional - but bring your own if you have them
  - snowshoes - optional - we have some for you to use
  - watch or portable alarm clock - important
  - personal toilet and medical items (lotion, lipbalm, toothpaste/brush, soap, bandaids, moleskin, aspirin, coughdrops, tampons, etc.)
  - washcloth and towels
  - ace bandages/braces - if you need to use any. We will be in rugged country, so be prepared for knee/ankle problems if you know these are weak areas
  - laundry soap
- \* Optional, yet highly recommended items. Call us for more information if you have any further questions.

***Be sure to bring sufficient, comfortable clothing for living in the lodge. Include slippers/moccasins, robe, underwear, pajamas, jeans, etc. The above list is to help you for the outdoor activities.***

# Outdoor Gear Catalogs

Sierra Trading Post  
1-800-713-4534  
[www.SierraTradingPost.com](http://www.SierraTradingPost.com)

Cabela's  
1-800-237-4444  
[www.cabelas.com](http://www.cabelas.com)

REI (Recreational Equipment Inc.)  
1-800-426-4840  
[www.rei.com](http://www.rei.com)

Campmor  
1-800-226-7667  
[www.campmor.com](http://www.campmor.com)

L.L. Bean  
1-800-221-4221  
[www.llbean.com](http://www.llbean.com)

Mountain Hardwear  
[www.mountainhardwear.com](http://www.mountainhardwear.com)

Midwest Mountaineering  
[www.midwestmtn.com](http://www.midwestmtn.com)

North Face  
[www.thenorthface.com](http://www.thenorthface.com)