ADVENTURES
in good company

WINTER IN THE ALPS: SNOWSHOEING & CROSS-COUNTRY SKIING PACKING LIST

OUTDOOR CLOTHING

- [ ] **1** pair **insulated winter boots** rated to -25°F and/or 400 grams insulation. For example, insulated hiking boots or Pac boots. Be sure your toes have plenty of room to wiggle; tight boots lead to cold toes. You may also want room for chemical warmers (toe or insole).
- [ ] **2-3** pairs of **hiking/ski socks**: For comfort and warmth, your socks should be at least as tall as your boots. (Smartwool, Woolrich, etc.) Be sure your sock/boot combo doesn't constrict your toes and leaves room for chemical warmers.
- [ ] **Thermal long underwear/base layer**: top & bottom midweight long underwear, wool or synthetic. *Recommended: 2nd set of long underwear/base layer.*
- [ ] **Mid weight fleece jacket** or wool sweater
- [ ] **Warm vest** (wool, fleece, or down/synthetic "puffy" vest)
- [ ] **Lightweight insulated ("puffy") jacket** or heavyweight fleece jacket
- [ ] **Warm insulated ("puffy") winter jacket/parka**, ideally with a hood

  ***Note**: A down fill power of 700 - 800 is going to offer the optimal level of warmth for less weight/bulk.*
- [ ] **Waterproof jacket** (with a hood) and **pants**, such as rain gear or snow shell. *In some temperatures, a windproof layer over a wool sweater and fleece pants is just the right combination to be warm while active.*
- [ ] **Insulated pants** (i.e. snow pants, ski pants, snowmobile pants/bibs)
- [ ] **Fleece or wool pants**. *Be sure these pants fit over your long underwear/baselayer.*
- [ ] **1 scarf/neck gaiter/balaclava/buff** (fleece, wool or other synthetic material)
- [ ] **1** pair **liner gloves**, wool or synthetic. Necessary for optimal finger dexterity.
- [ ] 1 pair of **thick mittens** or **ski gloves** (to be worn over your liner gloves)
- [ ] **1 warm hat**: wool or fleece that covers your ears (you may want to bring 2 hats in case one gets wet)
- [ ] **1 sun hat/baseball cap**
- [ ] **1 headband/earband**
- [ ] **Sunglasses** (100% UV protection) w/retention strap

INDOOR CLOTHING

- [ ] **Indoor footwear**: warm slippers, down or synthetic booties, heavy wool or fleece socks.
- [ ] **Sleepwear** and/or sweats for sleeping/wearing in the evening.
- [ ] Extra **clothing** for after a day outside and for going out to dinner. (Casual)
- [ ] **1 swimsuit** or quick-dry shorts and a sports bra/t-shirt: for hot tub, sauna and swimming.

EQUIPMENT

- **Passport and a photocopy of your passport/credit card(s)**
- **1 daypack** large enough to hold water, snacks, and extra layers. (25 - 30 liters.)
- **1 Nalgene/Hydroflask type water bottle**
- **Sunscreen + SPF Lip Balm**
- **Trekking Poles** with **Snow Baskets**
- **Trash Bags/Waterproof Stuff Sacks** for waterproofing your backpack
- **2-3** pairs of **Chemical toe** and **hand warmer** packets, at a minimum
- **Wristwatch/travel alarm clock**
- **Cell phone, charger/power bank, headphones**

TOILETRIES (SMALL EVERYTHING)

- **Toothbrush** and **toothpaste**
- **Dental floss**
- **Hand sanitizer/wet wipes**
- **Shampoo & conditioner**
- **Personal items** (contact lens supplies, sanitary items, personal medications)
- **Personal first aid/patch kit:** Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, electrolyte packs, antiseptic cream, etc.
  Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- **Camera** and film/memory card (extra batteries)
- **Book/Journal and pen**
- **2** pairs synthetic, lightweight **liner socks** (optional because not everyone uses sock liners)
- **Knee high gaiters**
- **Windproof overmitts** (adds warmth to fleece/wool mittens)
- **Ski goggles**
- **Extra snacks** (snacks will also be provided)
- **Ear plugs** (for a good night's sleep!)

ADVENTURES IN GOOD COMPANY'S packing list covers our recommendations for items that will contribute to your safety and comfort, please be sure to follow the packing list as closely as possible. Temperatures on this trip can range from 25 above zero to 25 below zero. We recommend dressing in layers from long underwear to a windproof outer layer. Each layer should fit comfortably over all the preceding layers. If you're flying domestically within the U.S., be sure to bring a **REAL ID**. A valid passport is still required for all international travel.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

DAYPACKS: You will need a daypack that is large enough to hold the following items: 1 liter of water, a top and bottom windproof layer, lunch/snacks, a warm layer (fleece pullover/vest/additional jacket), extra gloves/mittens, warm hat, and any other desired personal items. We recommend a daypack with a capacity of between 25 - 30 liters, preferably with a hip belt, padded shoulder straps, and 'lifters.' ***Note: A fanny pack is not large enough.***

INSULATED BOOTS: Please note that “Duck boots” and summer hiking boots ARE NOT adequate for this trip. For cross-country skiing: cross-country ski boots will be provided by our outfitter. For dog sledding: If our dog sledding outfitter does not think the boots you have brought are adequate for the dog sledding day, they have boots you can use (AGC will rent these boots from the outfitter for you at no extra cost to you).

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. If you are not familiar with colder weather, you may be tempted to ‘skimp’ on the clothing listed. Please don’t!

OUTER LAYERS - JACKET AND PANTS: You need BOTH an insulated winter coat, such as a down/poly ski jacket, AND a non-insulated jacket and non-insulated rain pants. The purpose of this waterproof/windproof layer is to shed snow and protect against the wind. This layer should fit over long underwear and other layers. Side zippers are recommended for pants for ease of pulling on with boots on.

HYDRATION: It is very important to your safety and enjoyment to have an independent ability to access your water to facilitate frequent drinking. For this trip, we recommend bringing 1 Nalgene-type bottle (capacity to carry 1 liter). This bottle needs to be a hard plastic bottle that can take hot water as well as cooler water. Many of us now have hydration systems, and these are wonderful. However, if used during really cold weather, the water tends to freeze in the tube and renders you basically without water.

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click **here** to view our recommendations!