

ADVENTURES

in good company

DOG SLEDDING AND WINTER FUN 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 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.
- ❑ [Long underwear/base layer](#): one set (top & bottom) midweight long underwear, wool or synthetic. *Recommended: 2nd set of long underwear/base layer.*
- ❑ Wool sweater **or** [mid weight fleece jacket](#)
- ❑ [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. Visit [this article](#) for a full explanation of down fill power.

- ❑ Windproof, non-insulated [jacket](#) (with a hood) and [pants](#), such as rain gear. *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.
- ❑ 2 pairs of [mittens](#) (in case one pair gets wet): one pair must be insulated and windproof; the 2nd pair can be fleece or wool. Mittens are much warmer than gloves. If your hands get too warm for mittens, you can wear 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)

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 the condo after a day outside and for going out to dinner. (Casual)
- ❑ [Swimsuit](#) for hot tub, sauna and swimming.

EQUIPMENT

- 1 [daypack](#) large enough to hold water, snacks, and extra layers. (25 - 30 liters.)
- 1 Nalgene type water bottle
- [Sunglasses](#) (100% UV protection) w/[retention strap](#)
- Headlamp and spare batteries
- [Ear plugs](#)
- 2 - 3 pairs of [Chemical toe](#) and [hand warmer](#) packets, at a minimum
- [Wristwatch](#)
- Personal [first aid/patch kit](#) - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen
- Personal items (contact lens supplies, sanitary items, personal medications such as an EpiPen if needed)

TOILETRIES (SMALL EVERYTHING)

- [Toothbrush](#) and [toothpaste](#)
- [Sunscreen](#) and [lip protection](#)
- Dental [floss](#)
- Hand [sanitizer](#)
- [Shampoo](#) **Note:** *all of our lodging provides soap, shampoo, and conditioner.*

OPTIONAL

- 2 pair thin liner [socks](#): silk or synthetic equivalent
- [Windproof overmitts](#) (adds warmth to fleece/wool mittens)
- Camera and film/memory card (extra batteries)
- Knee high gaiters
- Journal and pen
- [Ski goggles](#)

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.

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.**

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.

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.

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).

Please note that this packing list is meant to be extensive.

The more gear you have available to you, the better chance you will have to contend with the ever-changing Minnesota conditions. Conditions in Minnesota winters are very different from winters in other parts of the United States.

AGC encourages you to buy gear from local used gear exchanges. This will help reduce the cost of gear needed for this trip.

***Disclaimer:** This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*