

Winter Packing List

While packing for winter outings- think in non-cotton layers-- polyester, wool, fleece layers will keep you warm even when it gets damp/sweaty.

Long underwear (top and bottom) (non-cotton is best!)

4 pairs of wool/fleece socks

Snow pants

Fleece/wool hat (1-2)

Balaclava/face mask

Neck warmer

Sunglasses/snow goggles

Mittens/gloves (1-2 pairs)

Snow boots (Sorels, mukluks, etc.)

Warm parka/winter jacket

Sleeping bag and pillow

Headlamp/flashlight

Chapstick

Toiletries

Water bottle

Camera

Small daypack/backpack for day trips

Swimsuit and towel for sauna

Wool socks for sauna (so bare feet do not stick to ice)

X-country skis/snowshoes (Menogyn does have these to use)

Indoor shoes (ie slippers, tennis shoes, etc) to wear in dining hall and cabins

Small games (decks of cards, board games, etc)

Money for camp store items (Menogyn sells hats, tees, sweatshirts, water bottles for \$10-\$50)

Ice fishing gear (if you would like to fish, a fishing license is also required)

LAYERING FOR WINTER TREKS

BASE LAYER
Warmth/ Moisture Control
Regulates body warmth and moves perspiration away from body



Also known as "long underwear/ johns" and usually made of synthetic material. Available in lightweight, middleweight and heavyweight, depending on the season. We recommend one lightweight and one heavyweight top and lower options for the Dayara trek. This will allow you more choice, depending on the prevalent conditions.

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MIDDLE LAYERS
Insulation
The Mid layers retain heat, trapping it close to the body





Fleece (synthetic wool) top and bottoms above the base layer. A puffy jacket (down or synthetic down) for insulations. Both of these are compressible and light and will easily fit into your backpack.

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OUTER LAYER
Weather Protection
Protects from harsh weather conditions such as Snow, Rain, Sleet, Hail



Commonly known as wind shell jackets, these can be worn above your mid layers and insulate your body as well as breathe well during hiking. On top of this we suggest a waterproof shell, which will actually keep you dry when it snows (snow quickly melts when coming into contact with the body).