



# Spearhead/Expedition Equipment List

Our Winter Programs will provide all the equipment to make your experience the best it can be. Your personal equipment can be used but will be checked by your Crew Guide for suitability.

What You Need to Bring	What We Provide
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Regular clothes</b> Come out to camp in regular clothes. Bring a change of socks and underwear.</li> <li><input type="checkbox"/> <b>2 Pair of Top and Bottom Long Underwear (not cotton)</b> This is a very important part of a successful winter camping experience. <u>The biggest winter camping mistake is to wear cotton.</u> Cotton absorbs moisture and holds it next to the body, which then causes heat to be drawn away very rapidly.</li> <li><input type="checkbox"/> <b>2-3 Upper Body Warmth Layers</b> These layers should be of non-absorbing fabrics again like wool or polyester. Fleece or wool sweaters or vests are great. <u>Cotton should not be used here either.</u></li> <li><input type="checkbox"/> <b>1-2 Lower Body Warmth Layers</b> These layers should be of non-absorbing fabrics again like wool or polyester. Fleece pants are great. <u>Cotton should not be used here either.</u></li> <li><input type="checkbox"/> <b>1 Upper Body Shell Layer</b> This could be a standard winter coat or a raincoat. This layer helps keep out moisture and block the wind. If using a raincoat plan to bring an extra warmth layer.</li> <li><input type="checkbox"/> <b>1 Plastic Bowl</b></li> <li><input type="checkbox"/> <b>1 Plastic Mug</b></li> <li><input type="checkbox"/> <b>1 Plastic Spoon</b> Metal utensils could stick to your tongue.</li> <li><input type="checkbox"/> <b>Lip protection/Lip balm</b></li> <li><input type="checkbox"/> <b>Sunscreen</b></li> <li><input type="checkbox"/> <b>Sunglasses</b></li> <li><input type="checkbox"/> <b>Flashlight or headlamp</b></li> <li><input type="checkbox"/> <b>Health History</b></li> <li><input type="checkbox"/> <b>Health Screening Checklist</b></li> <li><input type="checkbox"/> <b>Sleeping bag</b> This to put inside our mummy bags. This adds extra warmth and helps keep our bags clean.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Trained Winter Camping Guide</b></li> <li>• <b>1 -30°F Mummy Sleeping Bag</b></li> <li>• <b>2 Foam Sleeping pads</b></li> <li>• <b>1 8'x10' Tarp</b></li> <li>• <b>4 Shovels per crew</b></li> <li>• <b>1 Gear Sled for you to share with a buddy</b></li> <li>• <b>3 Trail Meals, 1 Hot Meal at Base</b></li> <li>• <b>1 Cook Kit, 2 Lightweight Stoves, 2 Lanterns</b></li> <li>• <b>1 First Aid Kit</b></li> <li>• <b>Program Supplies</b> Snowshoes, Cross Country Skis, Tubing Tubes, Compasses, Star Charts, Maps, etc.</li> <li>• <b>2 Pair Polypropylene Sock liners</b></li> <li>• <b>2 Pair Warmth Layer Socks</b></li> <li>• <b>1 Pair Boots with extra liners</b> Boots Sizes 6 to 17. These boots have high uppers with a drawstring closure – gaiters are not be needed.</li> <li>• <b>1 Pair Mitten Shells</b></li> <li>• <b>2 Pair Mitten Inserts - Wool</b></li> <li>• <b>1 Pair Glove Liners</b></li> <li>• <b>1 Water bottle and carrier</b></li> <li>• <b>1 Hat</b></li> <li>• <b>1 Balaclava</b> A stretch-fleece full headpiece to be worn if it gets windy or very cold and can be worn at night. This Head Hugger design includes a neck and shoulder cover.</li> <li>• <b>Wool Sweaters</b> As a backup for Scouts that need warmer alternatives</li> <li>• <b>Wool Pants</b> We have wool pants and suspenders. Pant sizes 38+ are limited so it is recommended if you have your own wool pants or synthetic snow pants to bring them.</li> </ul>