



Equipment Check List

for Adventure and Expedition

Our Goal is to make sure each Guest is warm and safe throughout the weekend at North Wind. Take a few minutes to review what we provide, and what you should bring to make sure you have the best experience.

What North Wind Provides	What You Need to Bring
<p>Sleeping</p> <ul style="list-style-type: none"> • Sleeping system – The North Face™, Mountain Hardware™ and Midwest Mountaineering™ (-30°F) mummy bags, (-22°F) bags, and (0°F) bags. No one has ever reported to be cold at night. • Sleeping pads – Two Ridge Rest™ pads. <p>Hands</p> <ul style="list-style-type: none"> • Glove liners – 2 pair - Polypro gloves for inside mittens. • Fleece Mittens and Mitten Shells – 2 pair - Polartec™ double-layer fleece mittens. • Mitten shell – Waterproof and windproof outer shell to wear over your mittens. • Wrist Warmers – A fleece tube-like band that covers that area between your mitten and jacket. <p>Head</p> <ul style="list-style-type: none"> • Hat (day) – A Polartec™ fleece hat with Windstopper ear covers. • Hat (sleeping) – A Polartec™ fleece hat that you keep dry all day and only wear while sleeping. • Balaclava – 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. <p>Hydration</p> <ul style="list-style-type: none"> • Water bottle and carrier – Drinking lots of water is important. We will provide ½ liter Nalgene™ water bottles with a carrier so you can wear it around your neck and close to your body so it does not freeze. 	<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Long Underwear (not cotton) – 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. Unfortunately, many Scouts will already own cotton long underwear. Medium or heavy weight is best. Two light weight layers will work too if the participant is also involved in activities like cross country ski racing where light weight is best. Affordably-priced long underwear can be found at major outdoor retailers such as Fleet Farm, Gander Mountain, and Cabelas. <i>Long underwear is available for rental at North Wind. Supplies and sizes are limited.</i> <input type="checkbox"/> Upper body layers – An important principle for winter camping is layering. Fleece or wool sweaters or vests are great. Several layers of non-absorbing clothing that can be taken off when active and put back on when less active is ideal. These layers should be of non-absorbing fabrics again like wool or polyester. Cotton should not be used here either. Two to three pieces are recommended. <input type="checkbox"/> Outer Shell – A winter jacket with hood works great. <p>Eating Utensils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eating Utensils - A plastic bowl, plastic spoon & fork and an insulated mug. It works great to package them in a plastic bag for carrying. Metal utensils could stick to your tongue.

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<p>Body</p> <ul style="list-style-type: none"> ● Pants – We have wool pants and suspenders. ● Shirts – Wool shirts for Scouts who need warmer alternatives. <p>Feet</p> <ul style="list-style-type: none"> ● Sock liners and Socks – 2 pair of each - Fox River™ Thermolite Polyester sock liner. ● Boots – We have Sorel™ Bear & Baffin™ Impact boots rated to –40 & -70 degrees. NW has 185 pairs in size 1 to size 16. <p>Other Items</p> <ul style="list-style-type: none"> ● Duffle bag – We will issue everyone a duffle bag to use to pick up the equipment you get from us. This will stay in the building when you go out to the campsite on Saturday. You can leave your personal clothes in this duffle bag when you change into your outdoor clothes. ● Backpack – We have Kelty internal frame packs to use or you can use your own frame pack. ● Snowshoes ● Cross Country Skis ● Crew Gear – Crew Sleds, Winter Tents, Polar Dome kits, Igloo kits, Parachute shelter, Shelter Tarps, Ground Tarps, Ice Chisel, Shovels, Cooking Stoves, lanterns, cook ware, kneeling pads, Sven saws, fuel bottles, and a crew box with a first aid kit and other supplies. 	<p>Toiletries</p> <ul style="list-style-type: none"> <input type="checkbox"/> Personal items – Toothbrush, toothpaste, handi-whips, deodorant, etc. Packing them in plastic bag is helpful to keep them together and makes it easier to find. <p>Sleeping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inside Sleeping bag – You will sleep in your own sleeping bag in a bunk house on Friday night—this can be an ‘indoor’ bag. <p>Other Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Regular clothes – Come out to camp Friday night in regular clothes. You will use your winter clothes starting Saturday after breakfast through Sunday before lunch. Bring a change of socks and underwear. <input type="checkbox"/> Lip protection – A Chap Stick type product. <input type="checkbox"/> Sunscreen – The sun reflecting off the snow can easily burn your face and ears. <input type="checkbox"/> Sunglasses – Needed to protect your eyes from the bright winter sun and reflection off the snow. <input type="checkbox"/> Flashlight or headlamp – bring extra batteries. <input type="checkbox"/> Personal medical supplies – Bring any medicine you will need in its original container with name and dosage. Give these to your leader. <input type="checkbox"/> Health History – Fill out and bring a Health History Form. <input type="checkbox"/> Camera – Enter the photo contest to win a <i>North Wind</i> prize. <input type="checkbox"/> Optional: Ski Gloves, head band, frame pack, rain suit (good for carving out snow shelters and as an added layer), pocket knife, small garbage bags for packing clothes in backpack.



Equipment Check List

for Experience Program (6th Graders)

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<p>Hands</p> <ul style="list-style-type: none"> • Glove liners – 2 pair - Polypro gloves for inside mittens. • Fleece Mittens – 1 pair - Polartec™ double-layer fleece mittens. • Mitten shell – 1 pair Waterproof and windproof outer shell to wear over your mittens. • Wrist Warmers – A fleece tube-like band that covers that area between your mitten and jacket. <p>Head</p> <ul style="list-style-type: none"> • Hat (day) – A Polartec™ fleece hat with Windstopper ear covers. • Balaclava – 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. <p>Hydration</p> <ul style="list-style-type: none"> • Water bottle and carrier – Drinking lots of water is important. We will provide ½ liter Nalgene™ water bottles with a carrier so you can wear it around your neck and close to your body so it does not freeze. <p>Body</p> <ul style="list-style-type: none"> • Pants – We have wool pants and suspenders. • Shirts – Wool shirts for Scouts who need warmer alternatives. <p>Feet</p> <ul style="list-style-type: none"> • Sock liners and Socks – 1 pair of each - Fox River™ Thermolite Polyester sock liner. • Boots – We have Sorel™ Bear & Baffin™ Impact boots rated to -40 & -70 degrees. NW has 185 pairs in size 1 to size 16. 	<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Long Underwear (not cotton) – 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. Unfortunately, many Scouts will already own cotton long underwear. Medium or heavy weight is best. Two light weight layers will work too if the participant is also involved in activities like cross country ski racing where light weight is best. Affordably-priced long underwear can be found at major outdoor retailers such as Fleet Farm, Gander Mountain, and Cabelas. <i>Long underwear is available for rental at North Wind. Supplies and sizes are limited.</i> <input type="checkbox"/> Upper body layers – An important principle for winter camping is layering. Fleece or wool sweaters or vests are great. Several layers of non-absorbing clothing that can be taken off when active and put back on when less active is ideal. These layers should be of non-absorbing fabrics again like wool or polyester. Cotton should not be used here either. Two to three pieces are recommended. <input type="checkbox"/> Outer Shell – A winter jacket with hood works great. <p>Eating Utensils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eating Utensils - An insulated mug. It works great to package them in a plastic bag for carrying. Metal utensils could stick to your tongue. <p>Toiletries</p> <ul style="list-style-type: none"> <input type="checkbox"/> Personal items – Toothbrush, toothpaste, handi-whips, deodorant, etc. Packing them in plastic bag is helpful to keep them together and makes it easier to find.

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<p>Other Items</p> <ul style="list-style-type: none"> • Day Pack – Day pack to hold extra gear. • Snowshoes • Cross Country Skis • Crew Gear – Crew Sleds, Winter Tents, Polar Dome kits, Igloo kits, Parachute shelter, Shelter Tarps, Ground Tarps, Ice Chisel, Shovels, Cooking Stoves, lanterns, cook ware, kneeling pads, Sven saws, fuel bottles, and a crew box with a first aid kit and other supplies. 	<p>Sleeping</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inside Sleeping bag – You will sleep in your own sleeping bag in a bunk house on Saturday night – this can be an 'indoor' bag. <input type="checkbox"/> Pillow <p>Other Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Regular clothes – Come out to camp in regular clothes. You will use your winter clothes starting Saturday after breakfast through Sunday before lunch. Bring a change of socks and underwear. <input type="checkbox"/> Lip protection – A Chap Stick type product. <input type="checkbox"/> Sunscreen – The sun reflecting off the snow can easily burn your face and ears. <input type="checkbox"/> Sunglasses – Needed to protect your eyes from the bright winter sun and reflection off the snow. <input type="checkbox"/> Personal medical supplies – Bring any medicine you will need in its original container with name and dosage. Give these to your leader. <input type="checkbox"/> Health History – Fill out and bring a Health History Form. <input type="checkbox"/> Camera – Enter the photo contest to win a <i>North Wind</i> prize. <input type="checkbox"/> Optional: Ski Gloves, head band.