



WINTER PROGRAMS PACKING LIST (X-Country Skiing, Snowshoeing, Dog sledding)

Specialized clothing is not necessarily needed for winter snow sports. However, there is a proper way to outfit yourself which will enable you to stay warm and dry. The following information will help in deciding what to pack.

- LAYERS:** Layers of clothing which can be removed or adjusted. It is best to use a 3-layer system. This should consist of an **inner layer**, and **insulating later**, and a **waterproof layer**. The inner layer is next to your body and should be water wicking and remain warm when wet. An insulating layer should be fleece or wool. The waterproof layer is your jacket and ski pants.
- LOOSE:** Clothing should be loose (not baggy). Tight clothes restrict movement.
- BREATHABLE:** While exercising your body may produce a lot of moisture. Avoid materials such as cotton which will absorb moisture. Wool and man-made fabrics (polar-fleece, capilene, polypropylene etc.) are breathable and good insulators.

Single Day Pack List - Winter

- Appropriate clothing (described above)
- Warm Hat
- Gloves (waterproof)
- Sunglasses
- Sun Screen
- Water Bottle
- Camera
- Snacks

Overnight Pack List - Winter

- All Single Day Pack List items PLUS:
- Sleeping Bag & Sleeping Pad
- Pajamas



- Fleece Jacket or Warm Jacket/Coat
- Extra Thermal Underwear
- Warm tops (fleece shirts, wool sweaters, etc.)
- Warm bottoms (snow pants, water proof/resistant pants)
- Warm boots
- Indoor shoes/slippers for cabin and as an extra dry pair of shoes
- Socks: several pairs of warm socks, wool or synthetic
- Medications
- Flashlight/headlamp
- Personal Hygiene: soap, toothbrush & toothpaste, chapstick, lotion, toiletries, etc.
- Personal Items: camera, book, magazine, games, etc.
- Extra cash for souvenirs and snacks

OTHER THINGS TO KEEP IN MIND

Splore has some gear which is available for use. If there is something you need and do not have, please let us know and we will do our best to accommodate you.

Please Do Not Bring:

- Weapons
- Illegal Drugs
- Glass Bottles of any sort
- Your pets (unless you have pre-approval from Splore's Program Director)

Food

Splore provides a delectable menu with a vegetarian option (this option does include dairy). Please request any dietary/vegetarian needs and/or wants at your Pre-Trip Orientation. Water (drink plenty!), fruit punch, lemonade will be available for daily rafting trips. In addition, juice, hot chocolate, coffee and tea (regular & decaf) will be provided for multi-day trips. Splore does not provide soda or alcoholic beverages. Extra hydrating drinks are always encouraged for multi-day trips. Alcoholic beverages are allowed for **designated multi-day river trips only** for those 21 and over, **only for off-river consumption at the end of the day and not in excess.**