



WINTER ACTIVITY CLOTHING LIST

OUTDOOR STUFF

Your undies of choice

Socks (3-4 pairs) – wool, fleece and synthetic are best.

Thermal/Long underwear (top and bottom) - Beware of the waffle looking stuff...it's cotton!

Warm Layers - wool sweaters or fleeces

Warm Jacket (ski jacket, down jacket, etc.)

Best if it is wind and water resistant.

Snow pants – or some form of water repellent pants.

Rain Gear (you never know!)

Toque that will cover your ears

Mitts and gloves (Consider bringing an extra pair!)

Neck warmer / face warmer/scarf (optional)

Winter Boots (warm and comfy) – high cut for deep snow if possible, like Sorels, etc.

GEAR

Beg borrow or steal from friends and loved ones and of course rentals are a last resort.

Cross-country skis, poles, boots

Snowshoes (optional, but could be fun!)

Skates (optional)

INDOOR STUFF

Sleeping Bag (or comforter/duvet)

Pillow

PJs – animal onesie? Whatever helps you sleep at night

Toiletries and personal kit

Nordic Sweater

Comfy clothes for lounging - hoodies, sweatpants etc.

Slippers/indoor shoes (to wear/leave in yurt)

Towel (for showering!)

Big Appetite – we'll be eating like royalty.

OTHER STUFF

Camera

Musical instrument – guitar, bongos

Flashlight

Sunglasses

Water bottle (1L)

Small Day Pack

“Low” pick me ups

Diabetes supplies (x2)



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A NOTE ON MOTHER NATURE

The nature of this weekend is obviously very weather dependent. For example, if there is no snow, we can't go skiing. However, there are plenty of opportunities to get active and have fun regardless of what Mother Nature throws at us, but keep your fingers and toes crossed for lots of snow!

A WORD ON CLOTHING

Outdoor 'people' have many rules and quirks, but one thing we can all agree on: COTTON KILLS! When cotton gets wet, it loses all of its insulating abilities. It keeps water close to your skin, facilitating body cooling. Anything synthetic or wool is better for outdoor activewear and socks. Think wool, fleece, lycra, polypropylene, etc. Wearing many thin layers of clothing is also better than wearing a couple big heavy layers – that way you can adjust for the weather and your activity level.

A MEMO ON THE PACKING LIST

Warm campers are happy campers. We'll have the yurts all to ourselves, so bring more than you need and dress for the day. Don't stress if you don't have the most technical feather count in your jacket, there's no need to spend lots of money. Dress for outside winter activity the best you know how. Remember, you'll be generating warmth while moving outside, and getting cold when we stop. So, bring layers for optimal warmth and comfort. There's no telling what the weather will be like – so come prepared for everything!

QUESTIONS?

Please feel free to contact: Peter: peter@connectedinmotion.ca