WINTER TRAVEL & CAMPING
10 ESSENTIALS CATEGORIES

1. **CLOTHING**
2. **FOUL WEATHER GEAR**
3. **FOOTWEAR**
4. **BIVOUAC**
5. **WATER & FOOD**
6. **COOKING GEAR**
7. **NAVIGATION & SURVIVAL**
8. **PACK**
9. **FIRST-AID & PERSONAL COMFORT**
10. **TRANSPORT**

NSP-FWD/MLR – recommended minimum equipment list required to complete the "Basic Mountain Travel & Rescue" course

1. CLOTHING

____ Long Sleeve Shirt/Sweater *(polypro, pile, wool, wool blend)*
____ Pants *(polypro, pile, wool, wool blend, ski pants)*
____ Warm Jacket/Sweater *(polypro, pile, wool, wool blend)*
____ Knit Stocking Cap/Balaclava
____ Mittens/Gloves - 2 pair *(polypro, pile, wool)*

2. FOUL WEATHER GEAR

____ Waterproof/Water-Repellent Parka or Shell – with hood
____ Long Sleeve Thermal Underwear *(polypro, wool, wool blend)*
____ 2-3, large heavy duty plastic garbage bags *(30gal. size)*
____ 4-6, one gallon Ziplock plastic bags

3. FOOTWEAR

____ Ski Boots or well waterproofed Hiking Boots
____ Gaiters *(calf height)*
____ 2 pair heavy hiking socks *(wool, wool blend)*

4. BIVOUAC

____ Shelter Cover – rip-stop nylon or heavy plastic, tarp *(minimum 10'x12')* **** can be a shared item***
____ Ground Cover – nylon or heavy plastic *(min.5' x 8')*
____ 50'-75', 1/8" camp cord *(nylon parachute cord)*
____ 10-20 degree Sleeping Bag *(synthetic, hollofil)*
____ Sleeping Pad *(full length ensolite or thermorest)*

5. WATER & FOOD

____ 2 liters/quarts of water *(wide mouth nalgene)*
____ Water Filter or purification/chemical tablets
____ 2 Non-Cook Lunches *(hi-energy, nutritious)*
____ 1 Hot *(easy preparation)* Dinner *(hi-carbo)*
____ 2 Hot *(easy preparation)* Breakfast *(tasty, nutritious)*
____ Misc. Trail Snacks *(Gorp-candies-cookies-jerky-etc.)*
____ Hot Beverages *(cocoa, Jell-O ,cider, tea)*
____ 1 days extra emergency rations

6. COOKING GEAR

____ Pack Stove-with extra fuel *(good for cold weather performance, easy to use, reliable)* **** can be a shared item***
____ 1 quart Cooking Pot with lid
____ Plastic Cup/Bowl and utensils
____ Matches in Waterproof container *(wood kitchen stick matches – lots)*

7. NAVIGATION & SURVIVAL

____ Topographic map of the area
____ Compass
____ Whistle of a lanyard – AROUND YOUR NECK
____ Signal Mirror *(or the mirror on a comparable compass)*
____ Headlamp *(recommended)* or flashlight - with extra batteries & extra bulb
____ Multi-Blade pocket knife or comparable tool *(Leatherman)*
____ **MORE MATCHES** in waterproof container *(wood kitchen stick matches)*
____ Candles *(several short/ medium fat ones)*
____ Snow Shovel *(compact & durable)*

8. PACK

____ Backpack – large enough to stow all your gear inside *(internal frame pack recommended)*
____ Stuff Sacks and plastic bags for all your gear

9. FIRST-AID & PERSONAL COMFORT

____ Sunscreen *(15 to 20 SPF rating)*
____ Dark Glasses or Goggles *(95 to 100% UV protection)*
____ Lip Balm *(Chapstick)*
____ Moleskin or Second Skin
____ Band-Aids *(assorted sizes, at least 12)*
____ Medical Adhesive Tape *(2" recommended)*
____ Bandaging materials *(4x4's,roller gauze, cravat)*
____ Personal Prescriptions and Medications
____ **TOILET PAPER** *(include a small trowel & several small Ziplock plastic bags to haul your poop out)*

10. TRANSPORT

____ Skis *(waxless-backcountry touring or wax type with "Skins")*
____ Snowshoes *(Bearclaw or similar small type)*
____ Ski Poles *(correct length for cross-country touring)*