

Snow Camping

LOCATION: _____

PRE-TRIP MEETING: _____ @ _____ PM in the Outdoor Rec Office → U-Rec

TRIP: Date of Trip: _____ Meeting Place: Outdoor Rec Office → U-Rec

Meeting Time: _____ Approx. Finish Time: _____

Whitworth Outdoor Recreation may be able to provide group gear such as: tents, ground tarps, stoves, fuel, cooking utensils, soap, water filters, and first aid kits. You may use personal outdoor equipment at the discretion of the trip leader.

Clothing

- Base Layer Top ("lightweight" synthetic or wool wicking layer)
 - Base Layer Bottom ("lightweight" synthetic or wool wicking layer)
 - Undergarments (preferably synthetic or wool)
 - Lightweight Fleece or Wind Shirt (nylon, fleece, or "wind stopper" material)
 - Soft Shell Jacket (light, slightly stretchy, breathable, wind and snow resistant layer, hoods encouraged)
 - Soft Shell Pants (light, slightly stretchy, breathable, wind and snow resistant layer)
 - Shell Jacket (Waterproof, durable jacket which can fit over your base and mid-layers, the jacket's hood should fit over your climbing helmet) some suggested materials include eVent, gore-tex, h2No.
 - Shell Pants (Waterproofed, lightweight pants, full or hip length zippers encouraged) some suggested materials include eVent, Gore-tex, h2No.
 - Light Insulation Layer (This layer may go under your shell if a fleece sweater or over your shell if a lightweight insulated jacket) some suggested materials include fleece, primaloft, and down.
 - Mid-Weight Insulation Jacket (This jacket should be a baffled parka with an optional hood) some suggested materials include primaloft or down with a nylon, epic, or eVent shell)
 - 1 Pair of Fleece Gloves /Glove Liners (dexterous and comfortable liners, these do not need to be very insulated)
 - Mid-Weight Fleece/Schoeller/Leather Gloves (Ideally comfortable and dexterous, however these must be durable enough to handle ropes, ice axes, and scrambling) some suggested materials include softshell, windstopper fleece, and leather.
 - Shell Gloves (waterproof gloves which fit over glove liners)
 - Beanie Hat (a thin warm hat to fit under your climbing helmet and over your balaclava)
 - Sun Hat (at minimum a hat with a brim over the front of your face, a full brim is encouraged)
 - 2 Pairs of Socks (some people appreciate thin sock liners underneath a thick wool or synthetic hiking sock)
 - Buff
 - Mountaineering Boots or Snow Boots (plastic boots encouraged)
 - Glacier Glasses or Sunglasses (100% UVA/UVB protection)
 - Gaiters (Calf/knee height)
- *Remember: **NO COTTON, NO JEANS***

Mountaineering Gear

- Paracord for tent staking
- Snowshoes*
- Shovel*

Overnight Gear

- 0 Degree Sleeping Bag*
- Compression Stuff Sack*
- Air Core Sleeping Pad or Two Foam Pads*

Personal Hygiene



- Blue Bags
- Personal Hygiene (toothbrush, toothpaste, floss, etc.)
- Toilet Paper (half a roll or less)
- Personal Medications
- Personal Hand Sanitizer

Personal

- Internal Frame Backpack* (55 – 65L)
- Stuff Sacks
- Capacity to carry 3 liters of water (including at least one 1 liter Nalgene bottle.)
- 2 or 3 Garbage bags
- Sunscreen (at least 30 SPF)
- Lip Balm (with SPF)
- Personal First Aid Kit
- Bowl (lightweight Tupperware type bowl)
- Spoon
- Headlamp

- Pocket Knife or Multitool
- 2 Lighters
- Whistle

Optional

- Pee Bottle (minimum 1 quart, 2L collapsible Nalgene recommended)
- Freshette Funnel or similar instrument (for females)
- Camera
- Ski Goggles (for use in high wind and heavy snow)
- Lightweight Balaclava
- Personal Hand wipes
- Ear Plugs
- Thermal Mug or 16oz. wide mouth Nalgene (lids are encouraged)
- Backpack Liner Bag
- Water bottle insulation

***These items can be provided by Outdoor Rec. free of charge and will be first come first serve**

Online Waiver Instructions

Go to www.whitworth.edu/urec and follow the link that says "Waivers" on the left side of the page in the grey box. Next, click on "Outdoor Recreation Waiver" and you will be prompted to enter your login credentials. Please be sure to fill out the waiver BEFORE the trip.

Questions/Contact

whitworthoutdoors@gmail.com

Refund Policy

For Refund Policy information, refer to www.whitworthoutdoors.com/policies

Should Whitworth Outdoors cancel a trip or class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and lack of participant numbers.

