

## *Recreational Life Snow Retreat Packing List*

Please take the time to read this Equipment and Clothing List carefully before making decisions about what equipment you will use. Careful consideration should be given to any purchases. Buy only after reading this equipment list carefully. I encourage you to borrow items if you don't have them. Please contact us with any questions.

The items listed in this packing list are a guide for you to know what to bring. They will aid in your comfort and safety, but the final decision on what to take is up to you. Please ask us if you have any questions.

If you are purchasing new items, we suggest that you begin by consulting staff and looking through some of the outdoor equipment websites (rei.com, campmor.com, backcountry.com, mountaingear.com, etc.) for an approximate price range and an idea of the varieties of equipment available. Locally you can go to Ouachita Outdoor Outfitters and Gene Lockwoods in Hot Springs or Ozark Outdoor Supply or Gene Lockwoods in Little Rock. You might also check your local thrift store and your good friend's closet – **BORROW WHEN POSSIBLE!** Ask around at your church to see if someone has something you can borrow. Buy as inexpensively as possible. However, this does not mean cheap, try to buy decent quality. Snow gear and shoes are important to have quality equipment. Again, ask us if you have any questions.

### **CLOTHING**

Winter clothing is divided into categories: base, insulating and shell, for both the upper and lower body. We use a layering system where different clothing items are worn together or separately to achieve optimum body temperature control depending on the temperature. Often for winter clothes the insulation and shell layer is all the same and this is acceptable. Clothing consideration: Cotton or cotton blend garments are not considered insulating because they are not warm when they are wet from sweat or snow. Therefore, wool and synthetic materials, such as Patagonia Capilene, UnderArmour, nylon, and polyester, are a better choice for winter play. It is most important that the layer next to your skin is not cotton.

The temperatures can vary from 0-30 degrees so be prepared for cold temperatures. However, all people are different and require different levels of warmth. This list is merely a guide. Ask us if you have any questions concerning what clothes to bring. This is just a list of the items. You must decide how many of each item to bring for your comfort level. It is often nice to have at least a couple pairs of stuff in case one gets wet, but you can usually dry it out overnight.

#### Snow Gear:

- Long Underwear tops and bottoms
- Fleece jacket/sweater
- Snow pants/bibs
  - These are usually insulated pants with a water resistant shell on the outside. If you can't find some you can also wear fleece pants with a water resistant shell layer over that.
- Jacket
  - This is usually insulated with a water resistant shell on the outside. If you can't find that you can also wear thick fleece jacket with a water resistant shell layer over that.
- Footwear

- Ideally you will have insulated boots. However, if you don't have those you want a thick, waterproof boot like a rain boot or a hiking boot. Ask your hunting friends, they often have insulated boots.
- Socks
  - For snow play you will want to wear wool socks. They will keep your feet much warmer than cotton.
- Gloves
- Beanie/Toboggan/Stocking Cap
- Neck gaiter/Buff/Balaclava/Scarf

Clothing:

- T-Shirt
- Long Sleeve Shirt
- Fleece/Sweatshirt
- Pants
- Belt if needed
- Socks
- Underwear
- Footwear for travel and something to wear walking around camp if your boots are wet

**PERSONAL ITEMS**

- Towel/Washcloth
- Sunglasses
- Toiletries: Toothbrush, toothpaste, brush, shower kit, tampons, etc.
- Medicine, bandaids, etc. **Make sure to bring all prescription meds.**
- Sunblock
- Lip Balm
- PBJ (Pen, Bible, Journal)
- Water Bottle
- Travel mug for hot drinks so you can save the planet and not use disposable cups
- Snacks
- Headlamp or Flashlight to get around camp at night and to go to the bonfire
- Knife or multi-tool
- Pillow
- Sleeping bag\*
- Backpack\* to carry around camp with your stuff or to carry water on crosscountry ski trips

\*can be rented from RecLife at no additional fee