

NOWWHAT ADVENTURES PACKING LIST FOR CHIC CHOCs

	Item	Notes
CLOTHING		
1	Shell	Waterproof shell jacket with hood. Roomy enough to wear many warm layers under it!
1	Shell Pants	Rain pants or ski pants: an outer layer to wear during the day
2	Long Underwear	Mid-weight long underwear top and bottom, wool blends are the warmest, most comfortable and don't retain body odors
1	Sweater	Warm and packable
1	Warm Jacket	Lightweight down puffy coat with hood and butt coverage
1	Insulated vest	Lightweight down or synthetic puffy
4	Wool socks	
1 - 2	Warm hat	Light-weight Nordic ski hat with ear coverage
1	Buff or scarf	For face covering during cold and windy weather.
1	Gloves	Wool glove liners to wear inside your mittens
1	Mittens with shells	Insulated mittens with waterproof shells, must be roomy enough to wear with liner gloves and be able to make a fist inside your mitten
	Underwear	As many as you need
1	T-shirt	For wearing at night at the cabin
1	Pants	Fleece or yoga pants to wear inside the cabin
1	Bathing Suit	For the Polar plunge (optional)
1	Booties	Winter booties to wear inside the cabin
EQUIPMENT AND SUPPLIES		
1	Skis, boots, poles, skins	Backcountry ski set. Several different configurations will work well for this trip. We will discuss skis in detail during your pre-trip interview and arrange the ski rental for you if needed
1	Water Bottle	Wide-mouth, 32 Oz insulated water bottle
1	Headlamp	Quality, fully charged USB-rechargeable lamp and a set of extra batteries
1	Backpack	50 – 70 liters, depending on the bulkiness of your outfit
1	Sleeping bag	Lightweight and compact, rated to 20 degrees
1	Tooth brush	
1	Hair brush or comb	
1	Bandana	
1	Sun Glasses or ski goggles	
1	Journal and writing utensils	Optional
1	Camera	Optional