

## Northern Tier Okpik Packing List

Okpik provides almost all of the gear required for a safe and satisfying winter camping adventure. However, each individual and each crew will need to bring some of their own personal gear.

### Personal Gear:

#### *Required:*

- Stuff sacks (33 liter or less) or small duffel bag for all personal gear (DO NOT plan to take large suitcases or large packs on trail)
  - A few small bags will help to organize your stuff on your sled and prevent losing items on trail. These are very helpful for keeping organized.
- 2 Winter Hats (preferably fleece)
  - Beanies or bomber hats work well, hats must cover the ears
- 2 pairs of synthetic long underwear (tops and bottoms; **NO COTTON**)
  - Can be heavy weight or mid weight, this layer should fit snug and involve a wicking material designed to keep you dry when sweating
- 2 pairs liner gloves
  - Thin knit gloves to provide some protection while allowing dexterity. These will be worn under thicker gloves or mittens. Should be loose enough to allow for good blood flow to fingers.
- 2-3 pairs wool or heavy synthetic socks
  - Should be loose enough that they don't restrict blood flow to feet.
- 2-3 pairs synthetic liner socks
  - Optional but recommended, these assist in wicking sweat away from the feet.
- 1 compass
  - If liquid filled will need to be kept warm
- 3-Season Sleeping bag. This will be combined with an Okpik issued Cold Weather sleeping bag.
  - No temperature rating requirement, a summer weight bag (20 to 30 degrees) would work well
- Headlamp or flashlight and extra batteries (MUST HAVE – days are short in the winter)
- Toiletry articles (toothbrush, toothpaste, etc.) \*
- Plastic Cup, bowl, and spoon
- Items for showering\* (towel, soap, etc.) and clothes for the trip home
- Scarf or Neck Gaiter\*
  - Fleece or wool work well
- 1-2 Facemasks
  - Should be double layer cloth facemasks or N95
- Sunglasses\* or Ski Goggles
  - Optional but recommended to protect the eyes from bright sunlight reflecting off the snow.

*The following items are available for outfitting, though you may feel more comfortable in your own:*

- 2 pairs wool or fleece pants
  - Northern Tier provides all participants with fleece pants if needed, this is your warm layer which traps heat radiated by your body.
- 2 sweaters\* – preferably wool or polar fleece
  - Multiple warm layers can be combined to increase insulation on trail allowing people to adjust layers depending on weather and physical activity
- 2-3 pairs of mittens\* (mittens are warmer than gloves)
  - Northern Tier provides fleece mittens with a nylon shell, large enough to wear liner gloves underneath
- 1 wind jacket
  - Should have a hood and extend well below the waist, pockets are beneficial, this is your outermost layer so should be big enough to go over multiple other clothes without restricting movement. Breathable fabric helps allow moisture to pass while you sweat.
- 1 pair snow pants or rain pants
  - This is your wind layer bottom, should be water resistant and breathable. Must be big enough to go over multiple layers without restricting movement
- Skis and snowshoes
  - Northern Tier provides a variety of skis and snowshoes, participants are welcome to bring their own as well.
- Warm/winter boots (e.g., Sorels or Kamiks) with removable liners
  - Must have removable liner to dry overnight, waterproof boots are preferred. Northern Tier provides all participants with 1 pair of Sorel Glacier XT (rated to -100) or Sorel Caribou (rated to -40) participants should bring some sturdy boot to use before outfitting so that you can travel to the cabin the first night.

*The following items are recommended but not provided by Okpik*

- Suspenders (better than a belt in cold weather)
  - Holds pants in place without restricting blood flow or heat distribution between legs and torso
- Fleece Vest
  - Retains more heat in your core
- Pocketknife/matches/bandana \*
- Sunscreen and Chapstick \*
- Camera and film
- Day pack or fanny pack

**PLEASE NOTE:** While Northern Tier strives to have clothing available for all sizes, we are limited in the number of XX-L items. For these sizes or larger, we recommend that participants bring their own.

\*These items are available for purchase in the Trading Post or online at [www.ntier.org](http://www.ntier.org).

## Gear provided By Okpik

Northern Tier strives to provide most of the gear that you will need to stay safe and have fun. All participants are responsible for bringing at least two full sets of all of the layers that come in immediate contact with skin (base layer top and bottom, socks, liner gloves (thin), and thick knit caps). A brief description of the clothing provided by Northern Tier is available below. During winter activities all clothing must be loose fitting so as not to constrict blood flow which could cause cold fingers and toes.

**Fleece pants and jacket-** this is your warm layer, designed to provide insulation and trap the warm pocket of air created by the heat of your body. Multiple thin layers provide ample protection and allow you to regulate body temperature by shedding layers as your activity level increases.

**Wind pants and jacket-** this is your wind layer, designed to block wind from blowing away the warm bubble of air contained in your warm layer. Usually a thin weatherproof layer designed to block the wind. Wind jackets typically come with a hood and extend below the waist. This layer will also provide protection from snow and moisture when sitting, sledding, or hollowing quinzhee's.

**Mittens-** Northern Tier provides mittens in layers consisting of a fleece or wool warm layer and a nylon or leather wind/moisture proof layer. This combination provides warmth and protection from moisture. For maximum versatility you'll want to provide your own pair of liner gloves to provide protection when you also need dexterity.

**Boots-** Northern Tier provides each participant with a sturdy pair of winter boots with removable liners. Our boots are rated to temperatures lower than -40 degrees Fahrenheit.

Group Gear: First Aid kit:

All BSA crews are required to carry a first aid kit. The kit should be personalized to meet the needs of the crew. The BSA National Health and Safety Committee recommend the following items for Scouting and Venturing units participating in High Adventure activities. First aid kits should be stored in waterproof containers<sup>1</sup> for use en-route as well as at Northern Tier and should contain the following items.

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Adhesive bandages (assorted sizes) | <input type="checkbox"/> Disposable alcohol wipes    | <input type="checkbox"/> Lip balm                         |
| <input type="checkbox"/> Knuckle and fingertip bandages     | <input type="checkbox"/> Triangular bandage          | <input type="checkbox"/> Thermometer                      |
| <input type="checkbox"/> Steri strips                       | <input type="checkbox"/> Acetaminophen               | <input type="checkbox"/> Scissors                         |
| <input type="checkbox"/> Moleskin/molefoam                  | <input type="checkbox"/> Ibuprofen tablets           | <input type="checkbox"/> Tweezers                         |
| <input type="checkbox"/> Second skin                        | <input type="checkbox"/> Cold caplets                | <input type="checkbox"/> Safety pins                      |
| <input type="checkbox"/> Gauze pads 3" x 3"                 | <input type="checkbox"/> Antacids                    | <input type="checkbox"/> Side cutters                     |
| <input type="checkbox"/> Adhesive tape 1" x 15'             | <input type="checkbox"/> Antihistamines              | <input type="checkbox"/> Nitrile or latex gloves          |
| <input type="checkbox"/> 1" or 2" roll of gauze             | <input type="checkbox"/> Steroid cream               | <input type="checkbox"/> Barrier device for resuscitation |
| <input type="checkbox"/> 4" elastic bandage                 | <input type="checkbox"/> Anaphylaxis kit (if needed) | <input type="checkbox"/> Sunscreen                        |
| <input type="checkbox"/> Oval eye patch                     | <input type="checkbox"/> Throat lozenges             | <input type="checkbox"/> First aid manual                 |
| <input type="checkbox"/> Antibiotic ointment                | <input type="checkbox"/> Small bar soap              |   |

\* **SHARE** this list with all crew members, advisors, and parents prior to departure for Northern Tier.

\*\***CHECK** all medical forms prior to departure for Northern Tier, ensuring allergies and other special considerations are noted. Be prepared to explain important information upon arrival.

\*\*\***PRESCRIBED MEDICATION** should be supervised by an adult advisor. Any person requiring a prescription medication should personally carry the medication. A back-up supply should be in the kit.

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<sup>1</sup> Available in the Trading Post or online at [www.ntier.org](http://www.ntier.org)