

Northern Tier Spring Backpacking Packing List

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

Personal Gear:

Required:

- 1 backpacking backpack (60L and up) *Northern Tier can provide this if needed.*
- Stuff sacks for packing clothes in your backpack.
- Hiking boots- Water proof hiking boots are Ideal
- 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. Good socks will be incredibly important for keeping your feet warm and dry
- 2-3 pairs synthetic liner socks
- Optional but recommended, these assist in wicking sweat away from the feet.
- Rain Jacket
- 1L Nalgene/ water bottle
- 1 compass
 - If liquid filled will need to be kept warm
- 3-Season Sleeping bag. Ideally 10 to 20 degrees would work well. Fleece liners will be provided to help make your bags warmer (you can also bring your own). If you have a packable cold weather bag, rated to 0, that will 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
- 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
 - You should have a hood and the jacket should 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; it should be water resistant and breathable. Must be big enough to go over multiple layers without restricting movement

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

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.