Overnight Winter Trip

General pack list. Your guides will go over more specific information at the pre-trip meeting.

OA provides:

- Ski or snowshoe equipment
- Tents
- Group cooking gear
- First aid kit
- Transportation
- Breakfasts and Dinners

You Provide:

**Clothing—NO COTTON!!!!**

**Feet**
- Synthetic/wool socks (at least 2 pairs)

**Lower Body**
- Snow pants/ waterproof pants
- Synthetic/wool base layer
- Synthetic/wool long underwear

**Upper Body**
- Synthetic t-shirt
- Synthetic/wool long underwear
- Mid-layer fleece
- Warm outer layer
- Down, wool, sweater, or fleece
- Hooded water-proof jacket or poncho
- Warm beanie, fleece/wool hat
- Gloves (1-2 pairs)
- Balaclava, scarf, neck gaiter

**Equipment**

- Internal Frame Backpack (lassen and igloo trips)
- Sleeping Bag
  - 0° F or better. If you don't know your bag's rating, it is not warm enough. Rent one. Wrap with a garbage bag inside your stuff sack.
- Foam Sleeping Pad or 2
  - Mandatory for staying warm.
  - If inflatable, bring a 2nd foam pad
- Sunglasses
- Sunscreen and lip balm
- Headlamp or flashlight
- Plastic bowl/plate/utensils
- Day pack

**Food**

- Lunches
- Snacks
- Water (2 Liter Holding Capacity)

**Other Items**

- Special medications
- Prescription eyeglasses
- Plastic & Zip-loc bags & trashbags
- Toothbrush & travel-size toothpaste
- Money for possible meals, souvenirs and park entrance fees

Please Do NOT Bring:

- Cotton clothing (jeans are cotton)
- Text books
- Drugs, Alcohol or Weapons
- Drone

The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants. Rental items include: sleeping bag, sleeping pad, winter boots, gaiters, day pack.

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