



Wilderness Survival Winter Field Trek [WSWFT] Equipment List

This equipment list is a suggestion list for the Boreal Wilderness Institute's *Winter Survival Winter Field Trek* (WSWTS). The amount of weight you will carry will be a factor in selection of gear and enjoyment of this trek. Remember that each individual or group of two persons should be minimally self-contained.

Extra gear brought along for the WSWFS can be used initially and then dropped off before the Trek begins on the second day of the course. We do this just before we leave base camp. On the second day be generally spending some time resorting gear for the trek and lightening our pack. Remember you will be required to carry group gear and food on the trek in addition to your personal gear.

Clothing:

- Winter Shell Layer
- Polypro Bottoms & Tops
- 3 pairs of underwear
- 3 pairs of Wool Socks plus 3 Liner Socks if worn
- Long Sleeve Shirt
- 2 Warm Layers (Wool Sweater, Pile Jacket, Pile Vest, etc.)
- Pile or Wool Pants
- Toque
- Light Mitts or Gloves
- Winter Mitts
- Good Quality Insulated Leather Gloves
- Headover or Scarf
- Winter Boots (suitable for walking)

Camping:

- Backpack (comfortable for 4 days of walking)
- Sleeping Bag (Survival Rating of at least -10° C)
- Thermarest or Ensolite pad (short length is ok)

Optional Items:

- Personal 1st Aid Kit
- Fire Lighting Gear & Candle
- Survival Knife
- Whistle
- Head Lamp or Flashlight
- Toilet Paper
- Toiletries
- Pencil & Notepad
- Camera

Cooking & Food

- 1L Water Bottles per person.
- Insulated Cup, Bowl & Spoon
- **Brew Kit** (Tea, Coffee, Hot Chocolate, Juice Crystals, etc.)
- **High-Energy Snack Food** (2000 Kcal)
- **Lunches** (Monday to Thursday)