

CLOTHING

How do you prepare for a trip that starts out in the cool of a valley forest and ends up on a hot sunny ridge? How do you keep cool while climbing a steep trail, yet keep warm for a rest stop? The answer is to wear *layers* of clothing that can easily be put on or taken off, and to choose versatile clothing for changing conditions.

WICKING LAYER (to keep your skin dry): Light garments (socks, undershirt, long johns in winter) next to your skin should wick away perspiration from your skin. This helps to alleviate a clammy feeling from damp underwear and keeps you warmer at rest stops. Synthetic fibers are light, dry quickly, and wick well. Some garments have special weaves that increase the wicking effect. Cotton does not wick and can be cool when damp.

INSULATING LAYER (to keep you warm): This layer provides the warmth. Two light layers are more versatile than one thick layer. Fleece materials are light and dry quickly. Wool does not dry as quickly but will still be warm when damp. Down provides the highest warmth to weight ratio but must be kept dry - a good insulator for dry cold winter weather.

SHELL LAYER (to repel the elements): A thin tough layer to keep out wind, rain or snow. An insulated shell is not as versatile as separate shell and insulation layers. There are three basic types of shell layers:

Windproof: usually a light breathable synthetic material. Good for high energy activity in cold and/or windy conditions. Not good for rain.

Waterproof: usually a coated synthetic material. Good for low energy activity in wet conditions. You can get damp from trapped perspiration.

Waterproof/Breathable: a 2 or 3 ply synthetic with an embedded membrane that repels rain yet lets water vapor pass. Good for moderate energy activity in wet conditions. The material can damp out in heavy rain and high activity. Must be kept clean to work properly.

VERSATILE CLOTHING: Choose clothing that can quickly adapt to changing weather or activity levels.

- long sleeves protect arms from cold, insect bites, sunburn and scratches, yet can be rolled up when too warm.
- zippered turtle necks ventilate well when undone, yet provide warmth to the neck when done up.
- long pants with zippered sides are easy to put on or take off over boots, and provide good ventilation control.
- insulating and shell layers with armpit zips and hoods allow better thermal control.
- loose fitting insulating and shell layers offer better body flexibility and allow a variation of layers beneath.
- pants with front to back zips are good for nature calls in cold weather.

COLOR: Wear some bright colors [orange, yellow, red] to keep you visible to the rest of the group, or to searchers if you become lost.



CLOTHING and EQUIPMENT

GENERAL

This information is to provide guidance to people new to our club and to serve as a reminder to club members. Ideally, you want to carry a light pack but still feel comfortable after asking yourself the following questions:

1. Am I prepared for cold and/or wet weather (in all seasons)?
2. Am I prepared for an unplanned night outdoors?
3. Do I have adequate equipment for this trip?
4. Am I prepared for equipment failures?
5. Am I prepared for first aid to others and myself?

With careful thought to selecting the right clothing and other basics, you can be prepared and still have a reasonably light pack.

FOOTWEAR

Be kind to your feet and they will be kind to you! What you wear on your feet will be the most important article you bring. You want footwear to fit properly and to keep your feet dry, warm, and well supported. Running shoes or other casual footwear will not keep your feet dry when going through mud, will not keep them warm if going over snow (in summer too!) and do not offer sufficient support on steep trails or off-trail scrambles. New lightweight trekking boots are great for trails and some intermediate off-trail scrambles. Heavier leather boots may be necessary for more advanced trips that encounter a variety of conditions.

Other points to remember are:

- tight boots cut off circulation and cause cold feet, loose boots cause blisters
- insoles provide extra insulation and cushioning
- gaiters provide extra warmth and keep snow, small rocks, etc. out of boots
- waterproof boots: Biwell, Snowseal etc. on leather, silicone on synthetic parts
- wear new boots indoors or around town to discover any problems
- wear two sock layers to help prevent blisters: a thin synthetic pair to wick moisture away from your skin, and a thicker pair to cushion your feet and keep them warm.
- bring shoes for wearing in the car, and a plastic bag for your muddy boots
- pack light running shoes or sandals if the trip has a stream crossing

CLOTHING and EQUIPMENT

HIKING DAY TRIP	SKIING DAY TRIP	BACKPACK TRIP
<p style="text-align: center;"><i>CLOTHING TO WEAR</i></p> <p>sun hat - wide brim protects from radiation undershirt - long sleeves protect arms shirt - light fleece, wool shell jacket - windproof or waterproof/breathable shorts or pants - zippered long pants ventilate socks - two pairs: thin and thick boots - appropriate for the type of trip: TL, OT, SC, MN</p>	<p style="text-align: center;"><i>CLOTHING TO WEAR</i></p> <p>toque or balaclava long underwear - shirt, long johns shirt or sweater - warm fleece, wool (hoods are warm) shell jacket - windproof or waterproof/breathable shell pants - windproof or waterproof/breathable socks - two pairs: thin and thick ski boots, gaiters - appropriate for trip: TS, TL, OT, MN thin liner gloves, warm mitts, shell overmitts</p>	<p style="text-align: center;"><i>PERSONAL GEAR</i></p> <p><i>all day trip items plus:</i> (large pack - 65 to 90 litres, pack cover/ plastic bag liner) sleeping bag - 0 degrees C in summer, -20 in winter insulating pad - Thermorest, Ensolite mug, bowl, spoon food - lunches, breakfasts, snacks toiletries - toilet paper, toothbrush/paste, small towel extra socks, underwear optional camp footwear - light sandals in summer - insulated booties in winter</p>
<p style="text-align: center;"><i>CLOTHING TO PACK</i></p> <p>warm wear: toque, mitts, extra sweater and socks, long pants if wearing shorts rainwear: waterproof hat, shell jacket, pants tough gloves - for bushwhacking, scrambling</p>	<p style="text-align: center;"><i>CLOTHING TO PACK</i></p> <p>warm wear: extra sweater, pants, socks, liner gloves (a hooded down jacket is very warm)</p>	<p style="text-align: center;"><i>TENT GROUP GEAR</i></p> <p>tent - canopy, fly, poles, pegs stove - with spare parts fuel - 150 ml/person/day, 250 in winter is ample cooking pot(s) - one pot meals are efficient food - simple group dinners are efficient food bag and cord - for storage in summer optional water filter/tablets, water container -in summer - snow melt in winter</p>
<p style="text-align: center;"><i>NECESSITIES</i></p> <p>pack - with hip belt, 25 to 40 litres, plastic bag liner lunch, snacks - carry extra for emergency use water - 1 to 2 litres, more for a long hot day sunglasses, sunscreen - high uva, uvb protection # money - car pool driver contribution personal first aid kit personal survival kit: toilet paper, whistle, pocket knife, water tablets fire starter - matches/ lighter, small candles light shelter - 2 large garbage bags/ space blanket headlamp - or flashlight, spare batteries</p>	<p style="text-align: center;"><i>NECESSITIES</i></p> <p><i>all hiking trip necessities plus:</i> skis, ski poles wax kit: waxes, cork, scraper, wipe cloth ski goggles trip dependent items: avalanche transceiver, probe, shovel climbing skins, runaway straps repair kit: some duct tape spare binding parts, ski pole basket, any special screws and screwdriver</p>	<p style="text-align: center;">FIRST AID</p> <p style="text-align: center;"><i>PERSONAL FIRST AID KIT</i></p> <p>Band-Aids - assorted sizes for minor cuts moleskin, 2nd skin, scissors - blister prevention & care personal medications - including pain killer primary first aid: (<i>requires basic first aid/ CPR skills</i>) latex gloves, large dressing - severe bleeding CPR ventilator mask - artificial respiration</p>
<p style="text-align: center;"><i>OPTIONAL</i></p> <p>shoes & clothing change - to wear back in the car closed-cell foam - to sit on map, compass - a good idea to have your own camera - with extra film, spare battery lip balm hiking or ski poles - can help balance umbrella - good on trails when not too windy insect repellent gaiters - short ones keep out snow, stones light runners, sandals - if trip requires wading streams</p>	<p style="text-align: center;"><i>OPTIONAL</i></p> <p>shoes & clothing change - to wear back in the car closed-cell foam - to sit on map, compass - a good idea to have your own camera - with extra film, spare battery lip balm thermos - nice to have a hot drink headband - if too warm for a toque</p>	<p style="text-align: center;"><i>GROUP FIRST AID KIT</i></p> <p><i>personal first aid kit plus:</i> triangular bandages - 2 of 40" for dressings, splints tensor bandage - for sprains dressings - assorted sizes, include some non-stick adhesive tape - roll of 2" steri-strips, friars balsam - to close lacerations antiseptic wash, pads - povidone iodine quick splint, gauze roll, gauze pads tweezers, safety pins, swabs, thermometer medications - Tylenol, Roloids, Ibuprofen, antibiotic cream candies - for mild hypothermia, diabetic emergency first aid book, notebook, pencil, emergency numbers</p>
<p style="text-align: center;"><i>GROUP GEAR</i></p> <p>group first aid kit light shelter - zdarsky tent, bivi sack maps, compass, altimeter duct tape - multiple uses needle, thread, spare pack buckles</p>	<p style="text-align: center;"><i>GROUP GEAR</i></p> <p><i>all hiking trip group gear plus:</i> shovel - to make an emergency snow shelter repair kit: duct tape (lots) ski tip, pliers, multi-screwdriver various screws, epoxy glue, steel wool, wire</p>	