



**Gear List for Northern Forest Explorers
Chesuncook Lake, Maine Weekend
February 10-12, 2012**

Outerwear

- Winter parka or shell
- Shell pants
- Midweight fleece jacket or wool sweater

Clothing

- Mid or lightweight thermal tops, synthetic or wool
- Mid or lightweight thermal bottoms, synthetic or wool
- Fleece or wool pants or warm pants
- Down jacket or vest (optional)
- Two pairs hiking or ski socks (wool or synthetic)
- Synthetic sock liners (optional)
- Wool or fleece hat
- Heavy warm gloves or mittens
- Lightweight glove liners, wool or synthetic (optional)
- Gaiters (optional)

Footwear

- Snow boots

Gear

- Trekking or ski poles (optional)
- Traction device: crampons, stabilizers, micro-spikes, yak trax, etc. (optional)
- Small notebook/Journal and pens

Travel Accessories

- Sleeping bag
- Water bottle
- Back pack or duffel bag,
- Headlamp or flashlight and extra batteries
- Sunglasses with retainer strap (optional)
- Sunblock and lip balm
- Personal medications
- Personal snacks (2 days worth, all meals provided)
- Whistle (optional)

Optional Field Gear

- Small binoculars
- Camera
- Hand and toe warmers