

OPERATION ZERO PERSONAL EQUIPMENT LIST

Whenever packing for **Operation Zero** consider protection for each part of the body.

PLEASE BRING THESE ITEMS:

- _____ Sleeping bags – (2). One cold weather bag that goes down to 0 degrees **and** one 3 season sleeping bag.
- _____ 2 Closed cell foam sleeping pads
- _____ 1 Warm snow boots or Mukluks
- _____ 2 Winter stocking caps/hat, - one spare, facemask type is best
- _____ 2 pairs of mittens and/or gloves (mittens are warmer than gloves)
- _____ 2 Glove liners
- _____ 2 - 3 Sweaters and/or shirts, preferably wool or polar fleece. No Cotton!
- _____ 1 Winter jacket or shell, preferably hooded – your wind layer
- _____ 2 pair of long underwear tops (synthetic such as capilene or polypropylene) (no cotton combination long underwear)
- _____ 2 pair of long underwear bottoms (synthetic such as capilene or polypropylene)(no cotton combination long underwear)
- _____ 2 pair of pants, 1 pair preferably wool or an insulated snowpant. **Do not bring blue jeans.**
- _____ 2 or more pairs of light liner socks (preferably synthetic, i.e. polypropylene -not cotton)
- _____ 2 or more pairs of heavy insulating socks (preferably wool or synthetic, - not cotton)
- _____ Toiletry articles (toothbrush, toothpaste, etc.) / Female Needs
- _____ 10 feet ~1/8 inch nylon cord
- _____ Cup, bowl and spoon preferably all plastic or lexan (remember plastic can become brittle at extreme low temperatures)
- _____ 1 Frame pack backpack or plastic long open sled with rope to pull your gear – gear in duffle bag wrapped in tarp
- _____ 1 plastic tarp or plastic covering to use as a ground cloth in your Quinzhee.
- _____ Glasses maybe preferred instead of Contact Lenses, *if you bring your lens solution, make sure you place inside of sleeping bag with you.*
- _____ Small package **baby wipes** for personal cleanliness (keep in pocket near the body to keep thawed)
- _____ Pee bottle - Large mouth plastic 3 quart bottle w/ a leak proof cap to be used at night when *nature calls*
- _____ 2 Water bottles – Nalgene style filled with water
- _____ Pocket flashlight, headlamp, or glow sticks
- _____ A School backpack for snowshoe hike up Charlie’s Mountain/Cub Pond/around camp
- _____ Money for Monday dinner for bus ride home
- _____ Personal Medications
- _____ A watch
- _____ About ten 12” long Quinzee Sticks

RECOMMENDED ITEMS: *These items are optional, depending on personal preference and what you have available.*

- _____ Insulated vest
- _____ A rain suit for building your Quinzhee
- _____ Extra socks
- _____ Leg Gaiters
- _____ Scarf or neck gaiter
- _____ Pocket knife, matches, bandana, and other items you normally carry while camping.
- _____ Sunscreen, Chapstick, foot powder
- _____ Sunglasses
- _____ Camera and film

OPTIONAL:

- _____ Use plastic grocery bags/bread bags to keep your feet dry.
- _____ Hand/Foot warmers
- _____ Cross country skis and poles
- _____ Mukluks and foot wraps
- _____ Small handheld snow shovel

OPERATION ZERO PROVIDED PERSONAL ITEMS: If you own any of these items & would like to use them, you are encouraged to bring them.

- _____ Insulated foot pad mat to stand or sit on
- _____ Snow shoes