



# Environmental Traveling Companions

## WINTER WHAT TO BRING LIST

Following are some guidelines to help keep you warm and happy during your winter adventure. ETC has a large supply of gear available at our winter cabin,. Please feel free to bring what you already have on the list, and know we can supply you with most of the things you do not have.

1. **For maximum warmth and safety please bring and wear LAYERS of clothing for snow days. This allows you to adjust your body temperature depending on exercise and weather conditions.**
2. **Wool and/or polypropylene (a synthetic material) are best for cold, wet conditions.**
3. **Cotton is not appropriate for the snow. Do NOT wear cotton socks, tees, long-johns or sweaters as cotton makes you COLDER when wet.**
4. **For cheap winter clothing, try the following stores at a location near you: Good-Will, Army Supply Surplus Store, any thrift store. If you need assistance call ETC and we'll help you locate a store.**

### FOR SKIING:

- ✓ wool hat
- ✓ mittens or gloves (waterproof)
- ✓ scarf
- ✓ 2 pair wool socks
- ✓ Waterproof jacket and pants (Rain gear is fine)
- ✓ 1 wool sweater
- ✓ 1 pair wool pants or ski pants
- ✓ warm jacket (fleece, wool, etc.)
- ✓ thermal underwear - top & bottom (synthetic, NOT cotton)
- ✓ sunscreen
- ✓ sunglasses or goggles
- ✓ water bottle!!!!
- ✓ small backpack for carrying water bottle and extra clothing layers

### FOR AFTER SKIING:

- comfortable clothes
- boots or sturdy shoes
- personal items/toiletries
- flash light
- warm sleeping bag
- sleeping pad
- face towel
- slippers or house shoes
- Sleep wear

### ETC WILL PROVIDE:

- ✓Skis, boots and poles
- ✓All cooking equipment
- ✓Lots of Fun!!

IF NEEDED, ETC can provide the following items. Because all of gear is donated, we may run out of certain items or lack certain sizes. Please check-in with the program coordinator to coordinate what gear you might need.

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|--------------------|----------------|---------------|--------------|
| ✓sweaters          | ✓sleeping pads | ✓ski pants    | ✓goggles     |
| ✓wool socks        | ✓mittens       | ✓hats         | ✓scarves     |
| ✓thermal underwear | ✓rain gear     | ✓warm jackets | ✓sun glasses |

***\*\*We encourage participants, staff and guides to bring musical instruments, games, and stories to share...***

***\*\*\*Please do not bring boom boxes, walkmans, MP3 players, video games or other electronic music or game devices unless special arrangements have been made.***