

Snow Equipment Demo

Snow day gear

Wilderness Pass / chains for car

10 essentials

- glacier glasses side shades
- new/extra batteries for light
- sun screen
- Rain gear – wear post holing and glissading
- Map in ziplock

Sealed boots

Gaiters

Hat with brim

balacava and/or warm hat

inner and outer gloves

Ski pole

Foam sit pad

Snow Camp Gear In addition to above list....

Full pack – week 8 lecture rent? Have them fit it to you

Tent with snow stakes

Space blanket for under tent and for sleeping out

Sleeping bag - extra long for storage/ draft collar/ rental? -20 deg
compression sack

2 sleeping pads

Bag for boots or turn sleeping bag stuff sack inside out keep boots in tent and in
or between sleeping bags so moisture in them doesn't freeze.

Down or fleece jacket camp shoes Snow booties

Stove with pad to put stove on keep fuel warm

Snow shoes bring straps to tie on both day and full pack

Plastic garbage bags if the snow is really wet, you can set your pack on it

2 ski poles

Foam sit pad you can stand on this when you're standing around in camp
insulates you from the snow

WTC will provide a snow shovel bring straps to put it on both packs

Snow Camp

Clothes

- ___ rainsuit
- ___ nylon jacket
- ___ visor

Food

- ___ lunch
- ___ vitamins
- ___ trail snacks

Daypack

- ___ 10 essentials
- ___ map
- ___ compass
- ___ flashlight
- ___ sunglasses
- ___ xtra food & water
- ___ xtra clothes
- ___ w. matches
- ___ fire starter
- ___ first aid kit
- ___ knife
- ___ T. paper
- ___ 1&1/2 l water
- ___ R. glasses / Bifocals
- ___ F. pad
- ___ masking tape
- ___ bandages
- ___ xtra battery & bulb

Duffel / Framepack

- ___ foodbelt
- ___ stove, fuel
- ___ dishes*
- ___ food*
- ___ clothes*
- ___ T'brush & washcloth
- ___ groundcloth
- ___ sling, 'biner

Bus pack

- ___ H. boots, sturdy
- ___ moleskin pads
- ___ H. sox ()
- ___ powder
- ___ knit cap
- ___ wool shirt
- ___ wool pants
- ___ wool gloves

- ___ silk scarf
- ___ sweater
- ___ q hood
- ___ xtra wool gloves
- ___ xtra sox (2)
- ___ snow booties
- ___ xtra wool pants
- ___ xtra wool shirt
- ___ windpants
- ___ gaiters
- ___ snow sunglasses*
- ___ mittens
- ___ strap

Dishes

- ___ pot > can
- ___ handle, cover
- ___ bowl
- ___ cup
- ___ spoon
- ___ fork

Meals

- ___ fruit cocktail
- ___ banana (2)
- ___ hot chocolate (2)
- ___ cereal (2)
- ___ H.B. egg (2)

- ___ sandwich (2)
- ___ apple (2)
- ___ cookies
- ___ cheese

- ___ dinner
- ___ hors d'euvers

peas, corn
spices
hard cheese

Remember

- ___ keys
- ___ comb & wallet
- ___ R. glasses
- ___ cold food

Buspack

- ___ R. glasses
- ___ airpad
- ___ deodorant
- ___ hobbies
- ___ down coat (w food)
- ___ polyprop drawers
- ___ Stby. water

Items

- ___ Tent
- ___ daypack
- ___ bus pack
- ___ framepack
- ___ sleeping bag
- ___ ensolite pad +
- ___ snowshoes
- ___ ice axe
- ___ Shovel
- ___ food bags
- ___ head lights
- ___ sitting pads

happy hour
Keep food & water in tent

WTC LB Group 3

Snow Camp Schedule:

Friday Bus	Arrives Long Beach around	
	Leaves Long Beach around	
	Stops for dinner in Mojave around	
	Stops at Big Pine rest stop for clothing change around	
	Arrives at South Lake trailhead around	

Friday Backpack	Backpack starts at	
	Arrive at Willow campground around midnight	

Saturday Backpack	Saturday up at	
	Start backpack at	
	Arrive at South Lake parking lot around	

Saturday Hike	Leave for hike around	
	Return to camp around	

Sunday Hike	Sunday up at	
	Leave for hike around	
	Return to camp around	

Sunday Pack out	Start backpack out at	
	Arrive at trailhead around	

Sunday Bus	Bus arrives trailhead around	
	Bus departs trailhead around	
	Bus stops for refreshments in Bishop around	
	Bus stops for dinner in Mojave around	
	Bus arrives in Long Beach around	

In backpack, place heavy items close to your back so that your center of gravity is not too far back, requiring you to lean forward to keep center of gravity over your boots.

WTC will supply shovels at the trailhead. Bring straps to tie shovel (as well as snowshoes and ski poles) to pack!

Quick food possibilities:

Breakfast:

1. Cereal + powdered milk in zip lock bag. Add water & eat out of plastic bag
2. Tang in zip lock bag. Pour into cup, add water, & drink
3. Bagel or granola bar

Lunch:

1. Peanut butter & honey on wheat bread
2. Carrots, bagel & cheese, apple

Snacks: Gorp (nuts, raisins, dried fruit, etc.)

Dinner:

1. Cup of soup, pasta, or freeze dried meal
2. Hot chocolate

Final reminders:

1. Sunscreen
2. Hand cream? (Skin tends to dry out in cold, windy weather. Hand cream may prevent skin cracking.)
3. Wool vs pile gloves: Don't pick up hot pot with pile gloves. Pile will melt.
4. Tent stakes need width so they won't pull out in snow. Can use deadman (bury something in snow) in place of a couple of the stakes.
5. All screen windows/doors in tent must have solid cover (to keep blowing snow out).
6. If everything does not fit in pack, bring straps to attach to outside.
7. Don't forget the snowshoes & map.

Rules of the road:

1. Do not walk on ski tracks on road. Leave tracks for skiers.
2. Use rest rooms or carry out solid waste.
3. Do not use trash can in rest rooms.
4. Do not use dumpster.

[Carry out your garbage.]

Our agreement with forest service calls for these restrictions.

On drive back to LA, bus stops at Mojave for dinner. Grazianos has pizza and spaghetti. A half order of their spaghetti is adequate for most people (or two people can share).

SNOW CAMP CLOTHING/EQUIPMENT USAGE HANDOUT

Note 1/Note 2: Wear if needed.

Ten Essentials: Extra Clothing, Extra Food and Water, Fire Starter, First Aid Kit, Flashlight (extra batt/bulb), Map and Compass, Matches (waterproof), Pocketknife, Sunglasses (extra)	Wear Friday Night (when you get off bus)	In Pack	Wear Inside Sleeping Bag Fri Nite	Sat Morning (fixing breakfast)	Sat (hiking)	In Day Pack (while hiking Sat or Sun)	Sat (fixing dinner)	Wear Inside Sleeping Bag Sat Nite	Sat Morning (fixing breakfast)	Sun (hiking)
Ten Essentials		X				X				
Sunglasses (#2 is spare)		#1, #2			#1	#2				#1
Sunscreen, lip protection, toilet paper		X				X				
Light weight camera (in plastic bag)		Optional				Optional				
Day pack		X				Use				
Ski pole	Carry	Attachable			Carry	Attachable				Carry
Shovel		Attached				Attached				
Snowshoes		Attached				Attached				
Balaclava	X		Maybe	X		X	X	Maybe	X	
Hat with brim		X			X					X
Ear muffs (head band-for use with hat)		X				X-Note 1				
2 polypro shirts (lite or mid-weight)	#1	#2	#1	#1	#1		#2	#2	#2	#2
Wool (button) shirt (or equiv)	X		Maybe	X	X		X	Maybe	X	X
Sweater or expedition wt polypro		X-Spare	(pillow)	X		X-Spare	X		X	
Warm jacket or coat		X-Note 1		Maybe		X-Note 2	Maybe		Maybe	
Rain jacket		X-Note 2		Maybe		X-Note 2	Maybe		Maybe	
Rain pants		X-Note 2		Maybe	X		Maybe			X
Gaiters	X									
2 Undershorts	#1	#2	#1	#1	#1		#2	#2	#2	#2
Long underwear bottoms	X		Maybe	X		X-Note 1	X	Maybe	X	
Nylon outer pants (zip off legs?)				X	X		X		X	X
2 Inner polypro socks	#1	#2	Maybe	#1	#1		#1	Maybe	#1	#1
2 Outer wool socks	#1	#2	Maybe	#1	#1	X	#1	Maybe	#1	#1
Optional booties (down or synthetic)				X			X		X	
Hiking Boots	X			X	X		X		X	X
Lt wt wool or poly gloves	X			X	X		X		X	X
Heavy wt wool mittens		X-Note 1				X-Note 1				
Waterproof overmittens		X-Note 1				X-Note 1				
2 Handkerchief	#1	#2			#1					X
Toothbrush/paste, small towel		X								
Small foam pad to stand or sit on		X		X		X	X		X	
2 Plastic bags to cover backpack (+spare)		#1, #2	(over pack)		(over pack)			(over pack)		(over pack)
2 Plastic bags for boots inside sleeping bag		X								
Plastic bag for inside day pack		X				X				
Food		X		Breakfast		Lunch/Snacks	Dinner		Breakfast	
Water - 2 quarts		X				X				
Extra canteen for water storage		X				X				
Sleeping bag		X	Use					Use		
Foam pad (for under sleeping bag)		X	Use					Use		
Ground cloth (for under tent or foam pad)		X	Use					Use		
Tent		X						Use		
Stove, pot, handle, utensils				Maybe			Use		Use	
Paper towels & plastic garbage bag		X		Maybe			Use		Use	