

## 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 boots or Mukluks
- \_\_\_\_\_ 2 Winter stocking caps/hat, - one spare, facemask type is best
- \_\_\_\_\_ 2 - 3 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, 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.)
- \_\_\_\_\_ 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
- \_\_\_\_\_ 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 lense 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 1 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 Charlies Mountain
- \_\_\_\_\_ Bagged Lunch for Saturday lunch with drink (drink separate from your 2 water bottles)
- \_\_\_\_\_ Money for Monday dinner for bus ride home
- \_\_\_\_\_ Personal Medications

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

- \_\_\_\_\_ Insulated vest
- \_\_\_\_\_ A rain suit for building your quinzee
- \_\_\_\_\_ 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 warmers
- \_\_\_\_\_ Cross country skis and poles
- \_\_\_\_\_ Mukluks and foot wraps

**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

**Top TEN things to bring to Operation Zero:**

10. Winter Stocking Cap
9. Cold Weather Sleeping Bag and a 3 season Sleeping Bag
8. Wool and/or Synthetic Clothing (no cotton)
7. Mittens or Gloves
6. A Head Lamp
5. Wool Socks
4. Long Johns (non cotton)
3. Pee bottle with a tight lid
2. Your knowledge from this Operation Zero Handbook
1. A positive mental attitude