
L'Hivernant Camping Gear

This is basically a tailgate campout. The campsites are a short walking distance from the parking lot. Extra gear can always be left in a car. Extra sleeping gear is recommended. About 3am in the morning your metabolism will have slowed and your body have cooled down, if you are inadequately insulated you will wake up cold and remain uncomfortable the remainder of the night.

The Okpik (pronounced Ook-pik) program teaches the **COLD** key winter system:

C - Keep yourself and your clothes **Clean**. Dirt and body oils that build up on clothing destroy its insulating property.

O -Avoid **Overheating**. Clothing is designed to be taken off or added to in layers to maintain an even body heat. By using several lighter layers you are not stuck with one heavy layer that can't be adjusted

L -Wear clothing in loose **Layers**. This is where 3 to 4 layers of lightweight clothing are worn under a windproof outer layer. This works well because warmed dead air is trapped between the layers and within the fabrics themselves to create valuable insulation.

D -Keep **Dry**. Wet clothing removes body heat 240 times faster than it will dissipate through dry clothing. Wet is trouble.

The fabric of your clothes should be somewhat loosely woven. Wool is a great insulator. Polar guard, pile, fleece, polypropylene, thinsulate and other man-made insulators are also good. Cotton is not a good winter material because it loses all of its insulation value when wet (so does down).

Personal Gear:

- Wool / Fleece hat that covers the ears – Use also for sleeping.
- Wind jacket with hood
- Wool/ synthetic mittens
- Mitten shells
- Polar Fleece jacket or Wool sweater
- Wool shirt
- Wool/pile pants
- Nylon wind or snow pants with fleece liners or pants- Leave cotton sweat pants, jeans and tight fitting pants at home
- 2 Tee Shirts
- 3 Pairs of wool socks
- 3 pairs of thin liner socks (Polypropylene)
- 2 pairs of long synthetic underwear (Polypropylene better...No cotton)
- Zero degree or lower rated synthetic/down mummy bag. Keep down bag dry.
- Fleece Sleeping Bag Liner Insert – Add warmth and comfort when you first crawl into a cold nylon lined bag
- Foam sleeping pad; Mat of Hay
- Clothing for sleeping
- Extra pair of boot liners
- Water-resistant boots, coated nylon
- Pack or large Duffel Bag (Optional)
- Toiletries (Toilet Paper, Toothpaste, Toothbrush,)
- Flashlight
- Plastic water bottles – 1 quart. Put a sock on it and keep it in your sleeping bag at night
- Personal First aid kit
- Jack knife
- Plastic Lexan bowl
- Plastic Lexan spoon (Fork, Knife)
- Double wall plastic mug with Snap Lid for hot liquid drinks