

**WINTER SEASON
CLOTHING LIST
YMCA Camp Widjiwagan**

This is a list designed to help you understand what clothing is needed to be comfortable in the fall/spring weather of northern Minnesota. While staying at Widji, you'll spend the majority of the time outside. We want to keep you comfortable and happy.

When preparing for the outdoors there is no substitute for good clothing. The goal is simple: keep the body at its normal temperature, neither too cool nor too warm. The importance of keeping the body warm is obvious, but the danger of being too warm (and thus perspiring) is a concern often overlooked.

In order to maintain normal body temperature through a wide range of activity levels, there are three key principles:

1. Wear several **LAYERS OF CLOTHING** rather than one thick layer. With layers you can adjust to temperature changes by putting on or taking off one layer at time.
2. Wear a **WATER-RESISTANT OUTER LAYER** that will keep the snow off your insulating layers. If clothing gets wet from melting snow it makes it more difficult for your body to stay warm.
3. Wear clothing that is **WARM EVEN WHEN IT'S WET**. Wool or synthetics are best since they pull the moisture away from the skin. **AVOID** cotton if possible since it loses its insulating value once it gets wet.

Keep the following ideas in mind as you get organized:

*It is not necessary to purchase new clothing or equipment since the north woods are a great place to use older, durable items which can get a bit dirty.

*Label all clothing and equipment just in case you misplace anything. If it is labeled, we can track you down and return it!

Please Note:

Widjiwagan's trading post has shirts, sweatshirts, hats and water bottles for sale. Prices range from \$10-\$45.

Winter Season Clothing List

Head & Hands

Wool Hat- which covers the ears and forehead

Scarf- to keep the cheeks and neck warm

Mittens- 2 pairs since they may get wet, wool liners with leather "choppers" work well

Upper Body

Long-Underwear top- wool or synthetic (2)

Sweater- two which can be worn together if possible

Nylon Jacket- should fit over all layers, nylon helps to keep the snow off your layers

T-shirts- for indoor use

Sweatshirt- for indoor use

Lower Body

Long-underwear- wool or synthetic (2 pairs)

Snow pants- should fit over all layers, nylon helps to keep the snow off your layers

Swimsuit- for taking a sauna

Jeans or sweatpants - for INDOOR use

Feet

WOOL socks- 4 pairs, at least 50% wool

Winter Boots- best if liners are removable

Tennis Shoes- for indoor use

Sleeping

Sleeping Bag -for use in heated cabins

Pillow- to keep yourself comfortable

Personal Items

Water bottle, towel, SMALL BACKPACK, notebook or journal, pencil or pen, underwear, toothbrush and paste, other toiletries, flashlight.

Optional items include: books, camera and film.

PLEASE LEAVE THE FOLLOWING AT HOME:

We want you to enjoy the north woods without the distractions of CD players, MP3 players, electronic and battery powered appliances. Please leave them at home! In addition, we'd like to keep north woods critters such as mice and chipmunks out of the cabins so please leave all gum and snack foods at home, too. Thanks!!