

## Clothing and Equipment for Winter Fieldwork

**Clothing** - Clothing must provide warmth and offer protection from the elements. Layers of light, natural fibers are best. Cotton is not recommended because it absorbs sweat and then as it dries can add to the hypothermia risk. Some people are allergic to synthetics (for example, Capelene and Propelene tend to not wash out the sweat and you can get a rash from it). You should have a wicking layer, then a warming layer, then a wind/water proof layer with you as you might want to change the layers as the day progresses. Hats are a must, as they offer protection from both the heat and cold. Water proof outer layers are necessary.

**Equipment** - Equipment must be easily manageable and promote survival in any situation. Items to carry in your pockets may include a fire starter, waterproof matches and/or lighter, a pocket knife, goggles, compass, small first-aid kit and some sort of trail food.

**Survival kit** - Items should be packed in a waterproof container that can double as a cooking pot and water receptacle and be attached to your belt. (For example, use a soup can with a wire handle and put a dog food lid on it. In it are basic items; Fire starter, lighter, magnesium flint and striker, candle, wire saw, knife/tool combo, bullion cubes, gatoraid packets, trash bags, button compass, 10' wire, duct tape, steel wool, golf tee, needle, whistle and extra batteries. It all fits and you can heat snow or water with the candle to help warm a hypothermia patient. The candle will also heat a snow cave to a balmy 34°.)

**Backpack** - A good, comfortable backpack is mandatory. Loads of about 18 kg (40 lb.) are average. Items to include are; flashlight, extra jacket, socks and mittens, a pocket saw, gas camp stove, first-aid kit, emergency food, and a tent and fly. Other useful items to include are:

- A map and compass/GPS unit with extra batteries.
- A large, bright plastic bag will be useful as a shelter, water collector, signaling device or in lieu of raingear.
- A flashlight with extra batteries.
- Extra water and food.
- Extra clothing such as raingear, a warm hat or balaclava and gloves/mittens, a sweater and pants.
- Sun protection such as sunglasses, sunscreen, a hat and long sleeved clothing.
- A sharp pocket knife.
- Waterproof matches, a lighter and/or a flint, or steel wool and a 9 volt battery<sup>1</sup> to use for lighting fires.
- Candles and fire starter.
- A first aid kit.
- A whistle, flares, a tarp.

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<sup>1</sup> This works well even when it is windy. You simply roll the steel wool into a 1/4" rope and touch both ends to the battery terminals. Steel wool is also very handy if you need to replace a screw in a ski/ snowshoe or other item by filling in the stripped out hole with the steel wool and then reinserting the screw.

## DRI Winter Fieldwork Clothing and Equipment Recommendations<sup>2</sup>

PERSONAL	SNOWMOBILES	TRUCK	TRAUMA KIT TO INCLUDE
thermals / top & bottom (NO COTTON)	trauma kit	stove	latex gloves
fleece mid layer	first aid kit	stove fuel	CPR mask
shell / top & bottom	heat packs	pan	SAM splint
socks	tarp	dehydrated food	3.5' x 3.5' pieces of light cloth (for slings, bandages, etc.)
gloves	poncho / large trash bags	trash bags	2" tape
hat	space bag	heat packs	compresses
mask / neck gaiter	parachute cord	extra socks / gloves	4x4 gauze
sunglasses / goggles	wire	extra clothes / sweats	4" elastic rolls
bandana	duct tape		safety pins
food / water	wire saw		razor blades
sunscreen	fire starter		paramedic shears
	matches / lighter		
	flares		
	candle / foil		
	steel cup		
	bullion / jerky / food bars		
	head lamp/batteries		
	toilet paper		
	compass		
	mirror		
	knife		
	whistle		
	evacuation rope		
	topo maps for region		

<sup>2</sup> Clothing and equipment list provided by DRI Weather Modification.