Due to the nature of winter gear, packing can quickly create a large load. We ask that you do your best to minimize the amount of gear you bring while also being careful to bring enough warm and dry clothing. We’ll enjoy good meals but the atmosphere is always casual here in Montana and Wyoming so there is no real need to bring fancy duds for each night’s dinner.

You can choose to rent gear from us for $50 and that includes one pair of snowshoes and one pair of cross-country skis, ski shoes, and poles. You will need your own boots for snowshoeing.

Be prepared for cold, snow, wind and sun. Two theories crucial to your comfort are “layering” and “synthetic fibers.” While many people know the concept of layering, the use of the system is less clear. Remember that you should remove layers before you get too hot and add layers before you starting getting cold. You will generally start with a bottom layer of polypropylene underwear, topping that with a fleece or wool layer, adding a down jacket if necessary, and finally having a waterproof outer layer. We will discuss layering on our trip. Synthetic fibers are crucial because they help to wick moisture away from your body. Although you can bring natural fibered clothing (cotton) on our trip, you should not plan to wear it while skiing or snowshoeing.

You should fully expect to be overdressed before skiing or snowshoeing and then quickly heat up once you start playing in the snow. You will end up putting on and taking off layers throughout the adventure as you do your best to regulate your own body temperature. A good backpack with a hip belt that allows you to move freely while carrying your water, lunch and extra layers is important.

Please use the following list as a guideline for packing for your Zephyr Adventure.

**Clothing & Equipment**

- Comfortable waterproof winter boots that you will use for hiking in the snow and snowshoeing
- Gaiters: No reptiles please, gaiters are waterproof tubes that encase the leg below the knee. They are essential for keeping your feet as dry and warm as possible when snowshoeing, hiking or skiing through deep snow.
- Casual tennis shoes or hiking boots with traction: These are for wearing when you are not wearing your ski boots or winter boots. Wearing them to dinner is also fine.
- Swimwear: For soaking in the hot tub or pool at our first and last hotels.
- 2 pairs polypropylene sock liners and 4 pairs wool or wicking socks. “Blend” socks such as Smartwools or Woolrich will work fine. You might want to also recycle a few bread bags or other plastic bags that can be worn outside your socks and inside your footwear. This funny trick can keep your socks drier for a longer period of time. If your hiking shoes or boots are very waterproof, this is not necessary. Gore-Tex socks are also sold but are not as fun as bread bags.
- 2 sets polypro (or other wicking material) long underwear, tops and bottoms. Zephyr provides a short-sleeved “wicking” T-shirt for you.
- Fleece top or wool sweater
- Waterproof (and ideally breathable) jacket and pants: Gore-Tex is excellent. Jacket should have a hood. Pants and jackets that have vents that you can open and close are good.
- Lightweight down or fleece jacket
- Wool, polypro or fleece hat that covers the ears
☐ Wool or fleece gloves and a waterproof over mitt glove or one pair of warm, waterproof gloves: Outdoor Research (OR) makes an excellent over mitt. Depending on the temperature, your blood circulation and level of activity, it is possible that once you get going, light gloves will be all you need to keep your hands warm. Having shells for those gloves and warmer mittens in your backpack for when things start to cool down is important.

☐ Small daypack: This should not be large but will need to be big enough to carry water, lunch and snacks and all the extra layers you will be carrying. The daypack should be comfortable and have adjustable shoulder straps and a hip belt or strap to help you carry the load on your hips as well as on your shoulders.

☐ Water carriers: At least 2 one-liter bottles. Hydration packs like Camelbaks work well but you should make sure they are winter-proofed and come with a nozzle cover and line insulation to keep them from freezing.

☐ Headlamp or flashlight

☐ Sunglasses with cord to keep glasses on your person

☐ Sunscreen and Lip Balm

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**Optional Items**

☐ Hand and Toe Warmers: small disposable pouches full of Iron, Carbon, Water, Vermiculite and Salt that heat up when they are shaken and exposed to Oxygen. If you have a history of cold hands and feet, these might be perfect for you!

☐ Cross-Country Ski Pants: These are not necessary but if you have them and prefer to wear them, you should bring them. Pants designed for cross-country tend to be tighter fitting, sleek and designed for the specific movement of skiing.

☐ Your Zephyr Guide will carry binoculars to share but you may want to bring your own.

☐ Camera

☐ Pocketknife

☐ Travel alarm

☐ Earplugs, if you are a light sleeper and are sharing a room

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**Miscellaneous Items**

☐ Wallet (credit card, ATM card, cash, phone card) (you will not need these items on the trail)

☐ Health insurance card – just in case!

☐ Photocopies of passport and credit cards: Keep these separate from your originals. You will not need a passport if you are arriving from within the U.S.

☐ Medications / prescriptions

☐ Prescription glasses or contact lenses

☐ Blister care: We have found the best solution to be gel bandages such as Compeed or Duct Tape

☐ Hand sanitizer (such as Purell)

☐ Something to read

☐ Pen / journal