

Outdoor Education Program

gear for winter.

Essential Gear—you need all this stuff

Upper Body

- 1 long underwear top (polypro, silk or wool. NO COTTON)
- 2 wool, fleece, or down insulating layers
NOT COTTON. Sweatshirts are NOT OK.
- Waterproof jacket
- Additional layers per your personal comfort level

Lower Body

- 1 pair lightweight hiking shorts or pants (nylon is good)
- 1 pair long underwear bottoms (polypro, silk, or wool)
- 1 pair wool or fleece pants (NO COTTON OR JEANS)
- 1 pair waterproof rain pants

Head

- 1 wool or fleece hat that covers the ears
- 1 pair sunglasses

Feet

- Waterproof hiking boots (for trips not on skis)
- Shoes for car trip
- 2 or 3 pairs of wool or synthetic socks (NO COTTON)

Hands

- 1 pair gloves or mittens
- 1 pair waterproof overmitts

Equipment

- 3 AAA batteries for head lamp
- Plastic bowl & spoon to eat out of
- Lip balm and sunscreen
- 2 study 1-liter water bottles (you may bring a reservoir *as well*, but they may freeze, so you need the bottles)
- Toothbrush and toothpaste
- Feminine hygiene products (even off-cycle)
- Money for dinners on the road

OEP Will Supply

- Skis/boots/poles/snowshoes
- Backpack
- 0° Sleeping bag
- Stuff sack
- Foam sleeping pad
- Head lamp
- Compass
- Gaiters

Where to Buy Gear

Local Used Gear

Savers (650) 364-5545
875 Main Street, Redwood City

The Wilderness Exchange
1407 San Pablo Ave, Berkeley
wildernessexchange.ypguides.net

Local New Gear

Recreational Equipment, Inc (REI)
2450 E. Charleston Road
Mountain View
<http://www.rei.com>

Redwood Trading Post
1305 El Camino Real
Redwood City
www.redwoodtradingpost.com

Mountain View Surplus
1299 W El Camino Real
mvsurplus.com

Online

www.backcountry.com
www.seirratradingpost.com
www.campmor.com
www.rei-outlet.com
www.mountaingear.com

Optional Gear—this can be nice to have, but you don't need it

- Camera
- Liner socks
- Neck gaiter or balaclava
- Cup to drink out of (or you can use your bowl)
- Down booties
- Pen and pencils
- Pocket knife
- Extra pair of gloves (in case they get wet)
- Liner gloves
- T-shirt