

# Participant Clothing & Equipment List For Montana Aeronautics 2016 Winter Survival Clinic

Everyone must have the following items of equipment & clothing in order to participate in the field portion of the clinic. Remember the purpose of this part of the clinic is not meant to make anyone suffer, but is designed to help participants feel more at ease in unpleasant conditions in the outdoors.

★ **Mandatory**

○ **Optional**

**SPECIAL NOTE:** Wool, polypropylene, synthetic pile, or any of the hollowfill products are recommended from head to toe because they'll all maintain body warmth when wet. If they do get damp or wet, they can be wrung out and still used. Clothing should be worn in layers that are not restrictive and that allow good heat and air circulation.

## Clothing: One set of clothing to wear and one set to change into

### Check Off:

- ★ **Pants:** 2 pairs (one wool or blend of wool)
- ★ **Sweaters/Long sleeved shirts:** Two (One at 75% wool polypro or synthetic pile)
- ★ **Socks:** At least two changes (75% wool or polypropylene)
- ★ **Coat:** (Polarguard, Hollofill, Fiberfill II or wool recommended) Down coats are not recommended for anything but the coldest of winter conditions. Cotton is definitely not recommended.
- ★ **Boots:** Waterproof, (i.e. Shoe-pacs, mountaineer boots, good quality winter boots.) Large enough to fit comfortably with two pairs of socks.
- ★ **Hat/Stocking Cap:** Should cover the ears - recommend wool or polypro stocking cap. Wide brim or billed hat would be good in the rain.
- ★ **Gloves:** 2 pair recommended. One for warmth, and one to work in the snow with, (i.e. waterproof, lined rubber gloves).
- ★ **Rain Gear:** a waterproof parka, poncho or suitable rain protection (Rain pants are particularly useful when constructing snow shelters)
- **Long Underwear:** Wool, wool blends duofold, polypropylene, wool combinations or straight polypropylene or capalene are recommended.
- **Cotton is Unacceptable!**
- **Wind/Rain Pants:** Should serve dual functions. Rain Chaps are OK.
- **Gaiters:** High style gaiters (covers that make a smooth transition from pants to boots) are best if working in snow/rain.
- **Scarf or Muffler:** Primarily for sleeping at night. Should be polypro or blend other than cotton.
- **Handkerchief:** Recommend a large bandana.

## Equipment:

### Check Off:

- ★ **Tent/Shelter w/ repair Kit**
- ★ **Sleeping Bag:** Minimum of 6” loft. Do not recommend down unless you have breathable, waterproof material for cover.
- ★ **Space Blanket**
- ★ **Insulation Pad w/ repair Kit:** Ensolite, Ethafoam, blue foam, therma rest etc. Regular air mattresses are not recommended.
- ★ **Shelter Building:** Minimum of 1 plastic 8x10 tarp with grommets recommended. You will need a small shovel to move snow/make shelter.
- ★ **Plastic garbage bags** to protect gear, you and also to haul out any garbage.
- ★ **Twenty feet minimum** of nylon cordage or small diameter rope for shelter construction. *Cotton string will not do!*
- ★ **Fire Starter:**
- ★ **Matches:** Waterproof or in waterproof container.
- ★ **Flint Steel**
- ★ **Vaseline Cotton Balls**
- ★ **Survival Candle(s):** 2 hard wax candles with long burn and high styrene content recommended.
- ★ **Steel Wool**
- ★ **Signaling:**
- ★ **Whistle:** Or emergency signal of some kind.
- ★ **Signal Mirror**
- **Radio**
- **Personal Locator Beacon (SPOT, EPIRB, SPIDER TRACKS, SAT Phone)**
- ★ **Small First Aid Kit:** Contents of kit should be those commonly used items, i.e. bandages, sun protection, lip balm, hand cream, first aid cream etc.
- ★ **Knife:** Three inch blade minimum.
- ★ **Duct Tape**
- **Sewing Kit**
- ★ **Saw:** Packable
- ★ **Flashlight:** With extra batteries.
- ★ **Water Container(s):** A wide mouth water bottle, at least 1 liter.
- **Water purification Tabs/Filter**
- ★ **Sun Screen/Sun Glasses**
- ★ **Map/Compass**
- **GPS**
- ★ **Multi-Functional Tool**
- ★ **Pack or Large Duffle:** Suitable for carrying all clothing & equipment.

## Food & Cooking Gear:

### Check Off:

- **Tin Foil:** 18" x 3" folded.
- ★ **Stove:** With sufficient fuel, 1 stove per 2 people is OK.
- ★ **Cooking Utensils:** Pot, bowls, cup, spoon, fork, etc.
- ★ **Food:** Enough for making your own dinner on Saturday night in your snow hut, plus snacks for in between meals. (MRE's are great meal substitutes when cooking in restricted environments)

### Food Suggestions:

1. **Carbohydrates:** Easily digested foods which provide relatively quick energy - (starches, fruits, sugars, breads)
2. **Proteins:** The greatest increase in potential energy comes from protein food. (This energy from protein food is not usable in the production of work as mechanical energy.) However, it is important to the regulation of body temperature. (130 calories of metabolism for every 100 calories ingested.) Proteins keep you warm at night.
3. **Fats:** Slowly digested foods which provide more calories per pound for long lasting energy and warmth combined.

A balanced diet prior to, and during the clinic is necessary to maintain good energy levels and proper body warmth. It also makes for better PMA (Positive Mental Attitude).