



POINTS UNKNOWN WOMEN'S WINTER ADVENTURES

Gear List

The below list is a guideline. If there are items you would prefer not to buy they may be available for rent at some specialized outdoor gear stores. Items can also be found at a discount many times online.

If attending a Gunflint Lodge adventure, please make sure to notice any comments regarding the need for that specific gear item on this particular adventure.

Keep in mind that working with dogs, you are likely to get dirty and hairy and clothes could get damaged. (But you will have SO much fun!)

The key to staying warm in the varying conditions and temperatures winter in Northern Minnesota can bring is to dress in breathable layers and avoid wearing cotton.

Sleeping bag – If you decide to brave the elements (which we suggest you at least try!) and sleep outside for a night or two, you will need a heavy, preferably down bag that is properly sized. While staying in the cabin a lighter bag is needed. Outside temperatures at night can get down to 30 degrees below zero or less. Temperatures can vary in the cabin. It is sometimes 70+ degrees in the cabin after an evening of cooking and having the gas lights on and the woodstove fired up but it can dip into the 40s at night. *If attending the Gunflint Lodge adventure and you don't plan to sleep outside then no sleeping bag is needed.*

Pillow – If sleeping outside, be aware that memory foam freezes solid! *If attending the Gunflint Lodge adventure, pillows are provided.*

Personal toiletry items, Medications, etc. – There is no shower at the cabin. We heat water on the gas cooking stove for washing. Privacy is limited. *There are semi-private baths at the Gunflint Lodge Lake home for those attending that adventure.*

One Pair of Winter Boots(at least one) – They need to be suitable for wet or very cold conditions and should have a temperature rating of at least 60 degrees below zero. Removable liners are recommended. Mukluks work wonderfully if temps are below 25 degrees.

Socks – We recommend varying layers for warmth. Winter weight wool or Smart Wool type socks are best. Cotton is not recommended and will keep your feet cold and wet.



Underwear – They should be made of synthetic, quick drying material and not cotton.

Base Layer (for top and bottom)– Examples of good base layers are silk, wool or a polypropylene fabric. This layer needs to wick the moisture away from your body in order to stay warm. Cotton doesn't do this. It holds the moisture against your body. You can purchase different thicknesses for different temperatures.

Interior Layer (for top and bottom) – Fleece comes in different thicknesses for different temperatures. The fleece layer is where the moisture goes once wicked away from the body. It is then allowed to evaporate through your outer breathable layer.

Additional Interior Layer (for top) – Another fleece layer is a good insulator from the cold.

Optional Down Layer (for top) – A down jacket or vest on top of the additional fleece layer and under the wind layer keeps you nice and warm in colder temps.

Outer Layer(for top and bottom) with a Hood – A wind shell that is water proof, wind proof and breathable keeps the wind chill out in the cold and keeps the moisture out in warmer winter temps. It also allows moisture from your body to escape, keeping you warm. Wind chills are more significant when dog sledding than they are x-country skiing. You may have a down jacket that is water proof and wind proof that will work, however keep in mind that you may get hot out on the trail and not have that extra layer to remove. An optional ruff on the hood warms the air before it reaches your face and helps keep you warmer.

Heavy Winter Coat – This would be nice to have while taking your turn riding in the sled while your partner drives. Sitting still in the dog sled can get quite cold if not prepared.

Gloves – We recommend a light fleece wind proof glove for activities that require use of your fingers. You would be surprised how warm these light gloves can keep your hands! For inactive hands, we have found using heavier down or synthetic mittens that you can stick your gloved hands into works wonderfully for a quick warm up.

Hat – Make sure ears are fully covered and that the hat will stay securely on your head while being active.

Face Warmer – A neck warmer that expands up to cover your mouth and nose works well. Scarves can be dangerous on a dog sled as they can get caught on trees, under sled runners, etc. A balaclava or neoprene, fleece lined face guard works best.



Chemical foot and hand warmers! – These have saved us from terrible discomfort on numerous occasions.

Headlamp or flash light – I prefer a headlamp. There are many things necessary to do in the dark that require the use of both hands.

Snowshoes or X-Country Skis, Poles and Boots – You will need one of the two during your trip into the cabin from the road at the cabin and *during the Navigation Workshop if attending the Gunflint Lodge Adventure.*

Sunglasses – Snow blindness can occur if not properly protected from the sun.

OPTIONAL STUFF

Camera
Slippers for inside cabin
Compass
Reading Material
Imagination
Fun Stories to Share!

WHAT WE HOPE YOU LEAVE WITH

New Friends
An Invigorated Spirit
New Winter Survival Knowledge
A Deeper Love for the Outdoors
A New Love and Understanding of Sled Dogs