

# World Extreme Medicine

## Winter Medicine - kit list



### Equipment List

- Waterproof winter hiking boots
- Hardshell jacket – Gore-Tex or similar. No ski jackets with built in insulation
- Hard shell trousers - Gore-Tex or similar. No trousers or salopettes with built in insulation.
- Softshell trousers
- Softshell jacket (optional)
- Light insulating jacket – synthetic or down
- Warm insulating jacket – synthetic or down
- Insulated gilet (optional)
- Light mid-layer fleece – with a full-length zipper
- Base layers, upper and lower – merino or synthetic
- Liner Gloves – merino, silk or fleece
- Lightweight glove – Thin gloves with good grip and dexterity
- Warm waterproof gloves
- Mittens – Wool or synthetic (optional)
- Socks – Wool or synthetic
- Beanie
- Neck gaiter / Buff
- Gaiters – breathable eVent or Gore-Tex
- Casual clothes and footwear

### Other gear:

- Backpack: 40 – 50 litres
- Head torch
- Compass – Suunto M- 3 D Leader or similar
- Sunglasses – wrap around, minimum category 3 lenses
- Sun protection – SPF 50
- Water bottle – Nalgene or similar, no metal bottles
- Personal medical/first aid kit
- Towel
- Dry bags
- Trekking poles (optional)