

CLOTHING MAKETH THE WINTER WANDERER!

Considering the time of year for the expedition, and the likelihood of getting wet-cold and dry-cold during the trip our advice on clothing will be to help you keep warm. General advice would be to keep your clothing simple, bringing only what you need. It should be comfortable and durable, and easily dried.

Thermals

- We highly recommend two set soft wool/ acrylic blend for both upper and lower body.

Insulation layers

- One larger sized wool jumper or fleece to be able to accommodate all three of your thinner layers plus the base layer will keep you warmer on super cold mornings or during low intensity activity outdoors.
- Several Jumpers and fleeces
- Mothership Down/ synthetic Jacket
- Trousers
- Two thick warm woollen hats,
- 3 x buffs.
- A scarf.
- One pair of leather garden style cowhide gloves
- 2 pairs of warm woollen mittens and one pair of wind proof canvas or leather over mittens

Underwear

Warm footwear

- Boots with a good liner, such as Sorrels.
- You will need plenty of socks

Wind proofing

- You should have over trousers and a jacket with a hood

Rain coat and trousers

Sleeping gear

- -20 degrees C comfort rated sleeping bag. We mean exactly this, not a bag that CAN be eked out to minus 20, but one that you will sleep comfortably in AT minus 20.

Toiletries

Head Torch

1 litre flask

Metal Mug

Large water proof duffel bag for all your gear

Small day-pack style rucksack



Adam Logan