

Personal Equipment Check List for Ice Cap Field Season

QUANTITY	ITEM	Cost	Subtotal	NOTE
1	Hut Botties	\$40	\$40	
1	Sleeping Socks	\$8	\$8	
6 - 8	Thick Socks	\$8	\$56	(1 per week)
10	Thin Socks	\$2	\$20	(1 per 3-4 days)
2	Long Johns	\$30	\$60	
1	Snow Boots	\$120	\$120	glacier sorrels
1	Extra Boot Liners	\$45	\$45	
2	Fleece Pants	\$40	\$80	
1	Thick Snow Pants	\$130	\$130	
1	Waterproof Pants	\$160	\$160	
1	Waterproof Jacket	\$200	\$200	
10	Boxers/Briefs	-	-	(1 per 3-4 days)
3	Long Sleeve Shirts	\$25	\$75	
2-3	Fleece Tops	\$40	\$100	
8	T-Shirts	-	-	(1 per 3-4 days)
1	Down Vest	\$70	\$70	
1	Down Parka	\$450	\$450	
2	Heavy Mitts	\$70	\$140	
1	Fleece Mitts & Shells	\$50	\$50	
5	Liner Gloves	\$5	\$25	
1	Neck Warmer	\$15	\$15	
2	Toque	\$15	\$30	
1	Fur Hat	\$50	\$50	
1	Goggles	\$45	\$45	
1	Balaclava	\$35	\$35	
1	Neoprene Face Mask	\$35	\$35	
2	Sunglasses	\$100	\$200	glacier glasses & 1 backup
1	Thermarest	\$100	\$100	
2	Sleeping Bag	\$200	\$400	1 rated to -30 deg C or 2 rated to -20 deg C
1	Nalgene (Flask)	\$15	\$15	
1	Thermal Cup	\$10	\$10	
1	Knife	\$65	\$65	
1	Knife / Leatherman	\$40	\$40	
1	Field Book	\$15	\$15	
1	Sunscreen (spf 30)	\$20	\$20	
1	Cream	\$10	\$10	
-	Toiletries	-	-	
1	Thermarest Chair	\$40	\$40	
-	Medication/ Tylenol III	-	-	
1	Head Lamp	\$45	\$45	
?	Batteries	-	-	
1	Camera	-	-	
?	Adapters	-	-	
3	Hankerchief	-	-	
1	Nalgene (Bottle (1L)	-	-	
1	Pack of Baby Wipes	\$10	\$10	
-	Stuff Sacks	-	-	
1	Book	-	-	

Total \$3,009