

# EXTREME WEATHER PACKING CHART

Target Environment: Arctic / High Altitude / Storm Conditions

## SHELTER & SLEEPING

- 4-Season Geodesic Tent
- Snow Stakes / Sand Anchors
- -40 rated Down Sleeping Bag
- Thermal Liner (Silk/Fleece)
- Dual Sleeping Pads (R-Value 6+)
- Emergency Mylar Bivvy

## APPAREL (LAYERING)

- Merino Wool Base Layers
- Expedition Weight Mid-Layer
- Gore-Tex Hard Shell (Pro)
- 800-Fill Down Parka
- Insulated Bib Pants
- Vapor Barrier Socks

## HARDWARE & TOOLS

- Liquid Fuel Stove (White Gas)
- Insulated Fuel Bottle
- Stormproof Matches / Ferro Rod
- Snow Shovel (Avalanche rated)
- Satellite Messenger / PLB
- Lithium Battery Power Bank

## PROTECTION & FIRST AID

- Polarized Glacier Goggles
- High-Altitude Sunscreen
- Chemical Hand/Toe Warmers
- Trauma Kit w/ Frostbite Cream
- Insulated Water Bottles (1L x2)
- Electrolyte/High-Calorie Rations

**EXPEDITION NOTES**

PREPAREDNESS TEMPLATE &#x2013; VERIFY WEATHER FORECASTS 24H PRIOR TO DEPARTURE