

WHAT TO BRING TO SNOWCAMP

-5 TO -25°C · 23 TO -13°F

THREE LAYERS: BASE, INSULATION,
SHELL
NO COTTON

Staying warm at -20°C is a system, not a struggle. Your body makes heat all day. **Clothing's only job is to trap that heat and keep it dry.** Wet insulation stops insulating, which is why cotton is banned: it drinks sweat and holds it against you. Wool and synthetics stay warm even damp.

Dress in three layers and add or remove them as you go: thin while snowshoeing or sawing, everything on when you stop to sit by the fire or watch the sky. **The test: fully dressed, can you sit still for an hour without getting cold?** Then you have enough. Fire-circle rule: synthetic shells melt, so stand back from the sparks or wear wool on the outside.

BUY ONCE, USE FOR LIFE None of this has to be fancy. But good wool and a real shell last decades, and they're the same things you'll want for every ski trip, winter hike and cabin weekend after this one. If you're going to own them anyway, own good ones.

1 BASE

Snug, next to skin, wool or synthetic. Moves sweat away. Top, bottoms, socks, liner gloves, balaclava.

2 INSULATION

The loft that holds warm air. Fleece or wool sweater for moving, down jacket for standing still, fleece pants, warm hat, mittens.

3 SHELL

Wind and snow stop here. Waterproof jacket and pants with no insulation built in, roomy enough over everything.

ON YOUR BODY, IN THIS ORDER

14 pieces, from the swimsuit up to the mitts

☐ SWIMSUIT

For the hole in the ice and the sauna. Wear whatever you feel comfortable in: bikini, swimsuit, underwear or nothing at all. It is Sweden. The sauna is about 40 yards away, so you can run straight there.

☐ WOOL SOCKS, SEVERAL PAIRS

Different thicknesses, snug, no cotton. A dry pair at the end of the day is the best feeling in Lapland.

☐ FLEECE OR WOOL PANTS

Insulation for your legs between base layer and shell. Skip the cotton sweatpants.

☐ WATERPROOF OUTER JACKET

A shell with no insulation built in, big enough over everything. Snow on your down melts; the shell keeps it off.

☐ WINTER BOOTS OR MUKLUKS

At least one size bigger than normal, so two pairs of socks fit and you can still wiggle your toes. A removable liner you dry at night, or mukluks, Rob's favorite.

☐ WOOL BASE LAYER BOTTOMS

Long underwear, same rules as the top. Your legs sit on the ice more than you'd think.

☐ WOOL SWEATER OR FLEECE

The layer you move in: breathable, warm even damp. Wool is the one that can stand near the fire.

☐ DOWN JACKET

The big warm thing for standing still: fire circle, aurora, the walk back from the sauna. With a hood. Most worth spending on.

☐ WATERPROOF PANTS

Ski pants or bibs. You'll kneel and crawl in snow to build fires. Roomy over the fleece pants.

☐ THIN HAT

A thinner beanie covering the ears, for working. Swap to the warm one when you stop moving.

☐ **BALACLAVA**

Nose and cheeks are the first to get cold injuries. Stacks under either hat.

☐ **THIN GLOVES**

Liners for anything that needs fingers: knife, camera, stove, zippers. Never touch metal bare-handed.

☐ **WARM HAT**

The warmest hat you own, over the thin one. Ear flaps are not a joke at -25°C.

☐ **MITTENS**

Mittens beat gloves: fingers share the heat. Waterproof, insulated, roomy over the liners, cuff over the sleeve.

IN YOUR DAYPACK

Short bright days, long nights, air so dry it steals water from you

☐ **SUNGLASSES**

Low sun and a world of white. Bring a pair you don't mind sitting on.

☐ **HEADLAMP**

Long nights, busy hands. Cold eats batteries: bring spares or a charger. Red mode saves your night vision for the aurora.

☐ **RECHARGEABLE HAND WARMER**

Insurance for the long aurora watch. Lives in your pocket all week and charges overnight.

☐ **SMALL DAYPACK**

For the small hikes we take through the snow: water, the down jacket while you're moving, spare socks.

☐ **WATER BOTTLE AND THERMOS**

Bring both. A wide-mouth bottle freezes last; pull a thick sock over it. Water is your best insulator, so drink all day.

☐ **SUNSCREEN**

Yes, in February. Snow reflects most of the sun back at your face. A stick doesn't freeze solid.

☐ **QUICK-DRY TOWEL**

For the sauna and the plunge. A regular towel never dries out here.

THE SMALL STUFF

Easy to forget, hard to find in Abisko

☐ **PASSPORT AND
TICKET INFORMATION**

Your tickets, saved offline.
No reception at camp.

☐ **YOUR MEDICATIONS**

For the whole week plus a couple of days.

☐ **TOILETRIES**

Lip balm first. Arctic air chaps lips in a day.

☐ **CAMERA, POWER
BANK**

Optional. Keep spare batteries in an inside pocket.

The gear film and the full list online:

stoneagefit.com/snowcamppackinglist

The Wild Classroom · StoneAgeMan · Jonas Stenström