

Hulbert Outdoor Center, Fairlee, Vermont
OUJE BOUGOUMOU TRIP - EQUIPMENT LIST

We will spend 3 nights in the village in a large traditional Cree winter lodge – *eeyoungamuk* – and 6 nights in the bush, in canvas wall tents (*Maaki*). We will sleep on the floor. Tent floor temperatures can drop in the night even with stoves going (sometimes they go out). We may encounter temperatures well below zero or we could have warm days or even rain. When traveling in these conditions, layering and protection against the wind is the key to staying warm. Sweating is the winter traveler's worst enemy. Layering allows you to peel off, as you get warmer, and put back on as you get colder. Leave your cotton at home, except for a T-shirt to wear in the tent, since it absorbs moisture and will make you cold. Try not to go out and buy all new equipment: improvise & borrow, shop the Army-Navy Surplus or local thrift stores. Remember things will get dirty, sometimes collect pitch or grease or even get scorched. It is important to remember that space will be limited during transport in the van, to the bush camp and in the wall tents. Bring appropriate gear, but don't overdo it.

PACKS

- 1 day pack (30-40 liters– with comfortable adjustable straps) – this will be your travel bag in the van and your daypack in the bush. It will need to hold water bottle, extra layers, snacks, sunglasses, goggles, camera, etc.
- 1 extra lg. waterproof duffel bag for all your gear. This bag will be transported to the bush by snow machine.
*UMASS and Hulbert have large waterproof duffel bags to loan out.

SLEEPING EQUIPMENT

- Sleeping Bag with hood rated to minus 30 degrees F, in a compression stuff-sack
- 1 full length sleeping pad
*UMASS has -30 F sleeping bags and full length sleeping pads to loan out

FOOTWEAR

- Pac boots– waterproof with removable 1/2” wool or synthetic felt liners
(e.g., Sorel, Kamik, LL Bean, Cabelas ...rubber foot, leather or nylon upper with laces, removable liner)
- Heavy slippers with tough bottoms to wear in tent or to run to the outhouse
- Wool socks at least 4 pairs – 2 heavy – higher is better.
- hiking boot, trail shoes or sneakers for van ride, and around Hulbert
- Optional – polypropylene or wool sock liners.

UPPER BODY LAYERS (total of 4 insulating layers that fit loosely inside one another)

- Waterproof shell or rain jacket with a hood – must go over insulating layers (no ponchos)
- 1 heavyweight fleece, down or wool sweater/jacket
- 2 mid-weight fleece or wool sweater or shirt (loose fitting)
- insulated winter weight jacket *UMASS has insulated jackets to lend out.
- 2 long underwear tops – wool or synthetic– (**No Cotton**) (Zip necks are great)
- 3 Short sleeve T-shirts for layering (2 wool or poly, and 1 cotton)
- Optional – a fleece, wool, or down vest
- Optional – a work shirt

LOWER BODY LAYERS (total of 3 insulating layers that can be layered).

- Underwear (briefs may be cotton) 12 pairs
- 2 long-underwear bottoms – wool or synthetic – (**No Cotton**).
- Wool or fleece pants – while in camp (jeans or cotton pants only OK for traveling/village).
- Soft shell or tech pants
- Rain pants or windproof nylon pants to wear over long underwear and wool pants as an outer layer (insulated snow pants [for alpine skiing or snowmobiling] are too hot, too tight, or both)

HEAD AND HAND WEAR

- Wool or fleece hat or balaclava. (be sure to bring a hat that is comfortable to sleep in)
- neck warmer– (long scarves are dangerous around stoves and campfires)
- glove liners to be worn under mittens and work gloves
- Leather work gloves – for stoves & collecting boughs, etc.
- 1 pair of very warm mittens
*UMASS has mittens (and some work gloves) to loan out

EYEWEAR

- Ski goggles – if your eyes are sensitive to windy conditions (lab/chemical safety goggles work too)
- Sunglasses (very important!) & a case– spare pair if eyes are sensitive to sun.
- If you wear eyeglasses, bring a spare pair. Contact lenses – we would suggest disposable or extended wear; caring for them in the bush is hard.

MISCELLANEOUS

- 1 outfit for wearing after you shower at Hulbert
- Extra pair of pajamas for sleeping at Hulbert after shower
- Camera in waterproof container and extra batteries - cold uses them quickly. Cameras are particularly vulnerable when traveling in winter.
- 2 Leak-proof water bottles/screw top – (1 quart).
- Stuff sacks or ziploc bags in which to store items- you can see easily what is in your bag if using ziplock.
- Women please bring menstrual supplies even if you are sure you won't need them.
- Several small grocery bags to hold wet or dirty items when packing
- Knife or multi tool
- headlamp with extra batteries.
- toothbrush & paste.
- Small soap, shampoo, and conditioner for showering at Hulbert or Cultural Village
- towel for showering at Hulbert
- sunscreen (spf 30 +).
- small notebook & pencil.

OPTIONAL

- If you have trouble sitting on the floor, a crazy-creek style chair
- hooded sweatshirt for sleeping
- chapstick with sunblock
- small pack pillow for travel, and sleeping in bush
- Insulated mug for hot drinks – a metal mug is good for putting on hot stove
- a book in a plastic ziploc bag
- small gifts: games, book for youth library, specialty food, ***no alcohol or candy***
- Bandannas – 2-3.
- Facewipes
- Washcloth for face

NOTES ABOUT EQUIPMENT:

- Late winter weather in the North can be extremely variable. Therefore, it is best to be prepared for extremes. We expect to encounter a good deal of fair weather in March, but it can be below zero or rainy. Conditions on a windswept lake can make it very important to have the appropriate clothing. At the other extreme, hot sun and glare off the snow makes it essential to protect sensitive skin and eyes. Jewelry can also be a liability in these kinds of conditions. Rings are not so much of an issue, but earrings and other facial jewelry can conduct cold and pull heat from your body.