

# Rock-N-Water's Walk On Water (Da stuff to bring)

*Anything* you bring might get wet or lost, so pack wisely.

**You will carry all of your stuff! Avoid unnecessary weight without compromising warmth.**

Read "Staying Warm in the Winter" on page two. If it was not included with this packing list, then visit: <http://www.rocknwater.com/resources/winter.htm> to download a copy.

## Clothing (total)

## Why/Details

Note: Snowshoes will be provided by RNW. However, they are not really "Shoes," they clip onto your shoes. Your shoes are what will keep your feet dry and warm.

- Water Resistant Boots (1)..... The more water resistant the better. (With room to wiggle your toes) You will hike in the snow for a few miles in these.
- Extra Shoes (optional)(1)..... We recommend a back up pair of shoes to wear in the snow if your 1<sup>st</sup> pair is not great in the snow.
- Warm Socks (5) ..... Wool if you have it, otherwise go for synthetic and thick.
- Underwear
- Long Underwear (1-2 Pairs) .... Tops and Bottoms
- Long Pants (2-3) ..... Jeans are made of Cotton so try to avoid Jeans
- Short Sleeve T-Shirt (1) ..... In case it's a really warm day
- Long Sleeve Shirt (1-2)
- Sweater or Warm Jacket (1) .... If bringing a sweater, aim for wool and try to avoid cotton
- Water Resistant Pants (1)
- Water Proof Jacket (1)
- Water Resistant Gloves (2)
- Beanie / Warm Hat (1)
- Sun Glasses (1)
- Sleep/Cabin Wear Clothing

## Equipment

- Backpacking Backpack..... With frame (internal or external) and waist belt. (This is how you will get your personal gear to, and back from, the cabin over a 2 to 4 mile hike. Suit cases and day packs won't cut it.) **Prepare for the trip by Packing everything that is going to the cabin in this backpack and keeping your outer layer snow gear easily accessible for when you get to the snow.**
- Sleeping Bag ..... Pack in a waterproof trash bag. (It needs to be able to fit in your backpack.)
- Tooth Brush
- Sun Screen
- Chapstick with some SPF
- Flash Light/Headlamp
- Water Bottle (Filled) ..... To carry water (1 Liter or 1 Quart or 2 Pints)
- Prescription Medications
- Large Trash Bag ..... For covering your backpack if it snows/rains on the hike in.
- Small Trash bag..... To put your wet clothing in.
- Bible ..... A light one
- Tire Chains ..... Please carry chains that fit your tires and vehicle even if the weather looks clear. Not having them can be dangerous or have a destructive effect on the trip.

## Optional (nice if you have them and have space on your back)

- 3<sup>rd</sup> Pair of Shoes or Warm Slippers .... A dry pair of shoes you only wear while inside the cabin
- 3<sup>rd</sup> Pair of Warm Mittens/Gloves ..... To keep your hands warm when not playing in the snow.
- Baseball Hat/Visor (1)..... To block the sun
- Liner Socks (not cotton) (2) ..... To wear under the warm socks.
- Whistle
- Camera

## Clothing for the Drive Home (optional)

Pack these in a separate small bag to leave at the vehicles. This is optional, but you (and your neighbors) will appreciate wearing the clean dry clothing for the drive home.  Socks  Pants  Shirt

**What Not to Bring:** All Pianos, Trombones, and Kazoos Are Welcome. But All Electronics, Satellite-Dishes, TV Sets, Cell Phones, Electronic Games, and Music Players are Not Allowed. Also don't bring: Sleeping Pads, Sleds, or Junk Food/Drinks. Thank You.

## Staying Warm in the Winter

### **Read Weeks Before You Arrive and Review Before the Trip**

We will be playing and hiking in the snowy Sierras for several hours at a time without the modern comforts we are use to. Although this is an obvious opportunity for a fun adventure in creation, if you are not properly prepared -- simply the exposure to sub freezing temperatures could be very uncomfortable and possibly dangerous. To help make this a great and safe trip we need your diligent cooperation. Please read the following, prepare yourself responsibly, be attentive to Rock-N-Water staff's instructions on the trip, and apply your knowledge conscientiously.

- Your Heat
  - In the snow, almost all your heat comes from your body.
  - You only have so much heat you can generate until you get uncomfortable.
  - The quality and quantity of food and fluids you intake does effect your heat generating potential. Eat and drink right.
- Water is Cool
  - Water is designed to cool things 20 times faster than air.
  - Cold and Dry can be warm again. (But stay warm and dry)
  - Wet and Cold eventually just gets colder.
  - Sweat is Wet that gets cold.
- Air Moves
  - Once you warm the air in your clothing you want to keep it there and not exchange it for cold air that will take more of your heat.
  - Air will cling to you and your clothing if your layers fit close together.
- Hats – Your head will keep giving away your heat until you cap it. Use a hat to control your heat.
- Stratigize Your 3 to 5 Layers of Clothing so:
  - They are thick enough in *total* to keep you warm at sub freezing temperatures.
  - The outer layers keep moisture from getting to your inner layers
  - That your inner layers are made of fabrics that wick moisture away from your skin into your outer layers. (This is ideal, but not a must)
  - Can ventilate or be removed so you can be active and not sweat in a variety of temperatures.
  - Fit close enough to your skin and neighboring layers that they do not move substantial amounts of air when you move.
- Cotton kills – When cotton gets wet it makes you colder than if you were wearing nothing at all. Avoid it, but if it's all you have...
  - Protect it with outer water resistant shells.
  - Remember that sweat is wet
  - If cotton gets wet take it off.
- Wool is Warm
  - Wearing a synthetic (non-cotton) under layer between your skin and wool prevents itching.
  - Thrift stores & grandparent's closets tend to have cheap wool that works at least as good as expensive outdoor fabrics.
- Pack for Warmth – Not for fashion.
- Wear Sun Block – Snow reflects 85% of the suns UV rays, nearly doubling your UV exposure.
- Hypothermia is Dangerous – If anyone has any of the following symptoms, tell a guide immediately:
  - Is uncomfortably cold, is shivering, has a bluish colored skin on their face or extremity, a painfully cold or numb body part, or is moving / talking as if drunk
  - Tell us when you are cold! Don't try to hide it!