

# Jim McCormick's Winter Day-pack List

Poly fleece pull-over, insulated water bottle, 1<sup>st</sup> aid kit, headlamp & bats, small backup flashlight, butane lighter, trail snack candy bars, whistle, gortex parka & wind pants, mini stove & tin cup, soup packets, nylon cord or rope, water purification tablets, map & compass, "leatherman" type utility tool, balaclava, hand & foot warmer packs, outer glove covers, extra mitts or gloves, extra fleece hat, space blanket or bivi-sack, thin blue-foam body length insulated pad (*rolls up tight and weights next to nothing ...but essential for keeping a injured person on the ground from going hypothermic*)(also useful to sit on when taking a break).

1-11-08