WINTER SEASON  
CLOTHING LIST  
YMCA Camp Widjiwagan

This is a list designed to help you understand what clothing is needed to be comfortable in the winter weather of northern Minnesota. While staying at Widji, you’ll spend the majority of the time outside. We want to keep you comfortable and happy.

When preparing for the outdoors there is no substitute for good clothing. The goal is simple: keep the body at its normal temperature, neither too cool nor too warm. The importance of keeping the body warm is obvious, but the danger of being too warm (and thus perspiring) is a concern often overlooked.

In order to maintain normal body temperature through a wide range of activity levels, there are three key principles:

1. Wear several LAYERS OF CLOTHING rather than one thick layer. With layers you can adjust to temperature changes by putting on or taking off one layer at a time.
2. Wear a WATER-RESISTANT OUTER LAYER that will keep the snow off your insulating layers. If clothing gets wet from melting snow it makes it more difficult for your body to stay warm.
3. Wear clothing that is WARM EVEN WHEN IT’S WET. Wool or synthetics are best since they pull the moisture away from the skin. AVOID cotton if possible since it loses its insulating value once it gets wet.

Keep the following ideas in mind as you get organized:

*It is not necessary to purchase new clothing or equipment since the north woods are a great place to use older, durable items which can get a bit dirty.

*Label all clothing and equipment just in case you misplace anything. If it is labeled, we can track you down and return it!

Please Note:
Widjiwagan’s trading post has t-shirts, sweatshirts, hats and water bottles for sale. Prices range from $10-$45.
Personal Items

Water bottle, towel, BACKPACK, notebook or journal, pencil or pen, chapstick underwear, skin lotion, camera, flashlight, sunglasses, toothbrush and paste, and other toiletries.

Head & Hands

**Wool or Fleece Hat**- which covers the ears and forehead
**Scarf**- to keep the cheeks and neck warm
**Mittens**- 2 pairs since they may get wet, wool liners with leather “choppers” work well

Upper Body

**Long-Underwear top**- wool or synthetic (2)
**Sweater**- two which can be worn together if possible
**Nylon Jacket**- should fit over all layers, nylon helps to keep the snow off your layers
**T-shirts**- for indoor use
**Sweatshirt**- for indoor use

Lower Body

**Long-underwear**- wool or synthetic (2 pairs)
**Snow pants**- should fit over all layers, nylon helps to keep the snow off your layers
**Swimsuit & towel** - for taking a sauna
**Jeans or sweatpants** – for INDOOR use

Feet

**WOOL socks**- 4 pairs, at least 50% wool
**Winter Boots**- best if liners are removable
**Tennis Shoes**- for indoor use

Sleeping

**Sleeping Bag** –for use in heated cabins
**Pillow**- to keep yourself comfortable

**PLEASE LEAVE THE FOLLOWING AT HOME:**
We want you to enjoy the north woods without the distraction of portable electronics such as Ipods, DVD players, etc. Please leave these at home! In addition, we’d like to keep north woods critters such as mice and chipmunks out of the cabins so please leave all gum and snack foods at home, too. Thanks!!