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CLOTHING Inventory – One Year's Minimal Supply of Essentials

One year's supply/person. Some items for 72 Hr kit (3-7 days). Need several changes for keeping dry and warm. These suggestions are for areas with four distinct seasons; adjust as necessary for your area. You already have a lot of these items, so a) INVENTORY what you have, b) decide what you still need, and then c) work on acquiring the wanted items.

CLOTHING		**Amount**	**Person 1**	**Person 2**	**Person 3**	**Person 4**
Winter-Warm	*Winter clothing keeps you warm by trapping warm air next to your body (insulation). Clothing also needs to wick moisture away from your body. Cotton & cotton levis retain moisture and put you at risk for serious heat lost as they conduct your body heat to the atmosphere. The key is to wear layers made of synthetic, quick-drying materials that help evaporate your perspiration. When you work hard and start to overheat, simply remove an insulating layer.*					
1. Base Layer	Fit snug to body so it can quickly WICK moisture to outer layers, keeping you warm and dry. Polypropylene, polyester, silk or mixture of these with wool. When synthetics are wet they still keep you warm. Match weight to temperature, your activity level & your metabolism: Light weight, mid-weight, or heavy weight.					
	Light weight under garments, reg. or thermal (thermal good for 30-45° F)	3-5 sets				
	Add mid weight Thermals, top and bottom, (synthetics such as polypropylene, silk or wool) then good for 0° F	2 sets				
	Or add heavy weight Thermals, top and bottom, (synthetic: polypropylene or foam) for -30° F	2 sets				
	Underpants, synthetic					
	Sock Liners (thin, quick drying)	2 pr				
	Glove liners (thin, quick drying)	2 pr				
2. Insulate Layer #1	Looser fit than base layer but not baggy—needs to maintain contact with the base layer to function properly by trapping body heat and wicking moisture to outerwear. (Polyester and polypropylene synthetics, or silk or wool)					
	Turtlenecks/Shirts, synthetic	2 ea				
	Pants, synthetic	2 ea				
	Socks, insulating (wick moisture away, cushioned, perhaps wool blend) dry feet essential to prevent frostbite; change each day. Store each pair in separate plastic bags. Come in light, medium or heavy cushion.	7 pair				
	Belt (can attach items to it— i.e., flashlight)					
3. Insulate Layer #2	Add this layer for colder temps or times when you are less active.					
	Fleece Tops (zip ups good, keeps neck warm)	2 ea				
	Fleece Pants	2 ea				
	Fleece or Down Vests	2 ea				
	Gloves, heavy finger gloves or mittens (mittens warmer) need extra pair in case one glove is lost	2 pr ea				
4. Outer Layer	Needs to block wind and water while still allowing internal moisture to escape. If wind and water can get through, these are just a mid-layer. Zippers underarm help you air out; ankle zippers aid in pulling pants over footwear. Outer layer needs to be RUGGED and able to stand up to abuse.					
	Shell Jacket with hood (waterproof, breathable) for rain, sleet, snow, wind; GoreTex good	1 ea				
	Shell Pants (waterproof, breathable) for rain, sleet, snow, wind	1 ea				
	Down Jacket (with waterproof, breathable outer material) for resting times in camp to maintain body temp; compresses easily for stuffing into a pack. Don't work in down as it dries poorly so won't keep you warm when you perspire.	1 ea				

CLOTHING		Amount	Person 1	Person 2	Person 3	Person 4
4. Outer Layer (cont.)	Neck gaiter or scarf	1 ea				
	Shell mittens (waterproof, breathable)	2 pr				
	Hat (fleece or wool)	1 ea				
	Brimmed cap (for warmer, sunny days)					
	Face Protector or warm scarf	1 ea				
	Ear Muffs or Ear Band	1 ea				
	Shoes: warm for inside tent	1 pr				
	Shoes: Snow Boots 0° to 40° F (waterproof & roomy enough for thick socks & toe-wiggling to prevent frostbite)	1 pr				
	Shoes: Snow Boots -40° to 0° F (waterproof & roomy enough for thick socks & toe-wiggling to prevent frostbite)	1 pr				
	Gaiters (to keep snow out of boots)	1 pr				
	Hood (windproof, to protect head from cold)	1 ea				
	Goggles (for wind and snow)	1 ea				
	Sun Glasses, sunscreen and lip balm with sunblock	1 ea				
Winter-Sleep	PJs, warm, synthetic (wick moisture, long sleeves)	1-3 pr ea				
	or Nighties, warm, synthetic (wick moisture, long sleeves)					
	Booties, polypropylene (sleep in to keep feet warm)	1-2 pr ea				
	Bathrobe, warm, (long, long-sleeved)	1 ea				
	Slippers, warm, (perhaps hard sole)	1 ea				
	Bedtime cap (to keep head warm)	1				
	Glove liners, (sleep in to keep hands warm, one pr for sleep)	1 pr				
Winter-Best	Dress Outfit	2 ea				
	Dress Socks	3 ea				
	Dress Coat	1 ea				
	Dress Gloves	1 ea				
	Dress Hat	1 ea				
Winter-Work	Same as layering above, but add:					
	Work Pants, tough or insulated coveralls	1 set/adult				
	Work Boots, insulated -40° F					
	Work Gloves, very tough, insulated	1 pr ea				
	Work Hat, with brim, perhaps a hard hat					
	Work Eye Protection					

CLOTHING		Amount	Person 1	Person 2	Person 3	Person 4
Summer -Cool	*Need changes to keep dry and cool; need fabrics that wick moisture away from skin to prevent chaffing. Nylon doesn't breath. Cotton good for cooling.*					
	Garments, for 55-90° F, wick moisture	4 sets				
	Garments, for 90-120° F, very hot weather, wick moisture	3 sets				
	Ladies' bras, underpants, slips	2 ea				
	Shirts, for 55-90° F	2 ea				
	Shirts, short sleeve for very hot weather, cotton 90-120° F (cotton holds moisture & its evaporative action cools body)	2 ea				

CLOTHING		Amount	Person 1	Person 2	Person 3	Person 4
	Shirts, long sleeve, for insect protection	2 ea				
	Pants	2 ea				
	Peddle Pushers for 90-120° F	2 ea				
	Shorts (for children)	3 pr				
	Jacket or sweater, breathable	1 ea				
	Jacket, windbreaker	1 ea				
	Socks, wick moisture away, light cushion, and/or sports socks	7 pr ea				
	Shoes: Athletic	1 pair				
	Shoes: Sandals	1 pair				
	Hiking Boots	1 pair				
	Belt (can attach items to it— i.e., flashlight)	2 ea				
	Hat (with brim for sun protection)	1 ea				
	Hat (with mosquito netting, esp. if in mountains)	1 ea				
	Scarf (for wind protection)	1 ea				
	Sun Glasses (for sun and wind protection)	1 ea				
Summer-Rain	*Rain Suit or poncho, good one (or garbage bag with hole cut for head) Could use winter outer-layer shell jacket and pants	1 ea				
	Umbrella	1 ea				
	Rain Boots	1 pair				
	Driving Gloves (spring and fall)	1 pair				
Summer-Sleep	PJs (wick moisture & allow evaporation, modest)	1-3 pr ea				
	or Night Gown (wick moisture & allow evaporation, modest)					
	Bathrobe or House Coat (light weight, modest)	1 ea				
	Slippers (perhaps hard sole)	1 ea				
	Mosquito Netting for bed	1 ea				
Summer-Best	Dress Outfit	2 ea				
	Dress Socks	2 pr				
	Dress Shoes	1 pr				
	Dress Jacket/Sweater (for cooler evenings)	1 ea				
Summer-Work	Same as above, but add:					
	Work Pants, tough but breathable	2				
	Work Peddle Pushers	2				
	Work Socks (can use layering socks w light padding)	4 pair				
	Work Boots or good hiking shoes	1 pr				
	Work Gloves, very tough	1 pr				
	Work Hat (with brim for sun protection, but breathable)					
	Work Eye Protection					
Summer-Play	Swim Suit	1				
	Swim Suit Coverup	1				
	Swim Cap	1				
	Swim Towel	1				
	Sports oufits (running, biking, tennis, baseball, etc.)					

Learning to Layer Clothing

Written by Tim Allard

Proper layering is one of the most fundamental concepts in outdoor recreation. Learn how to layer and you'll be more comfortable outdoors.

For many outdoor enthusiasts the importance of dressing in layers is well known. This method of dressing allows you to regulate your temperature by peeling-off or putting-on clothing layers - clothes that together wick moisture, insulate, and protect from wind and rain. Each year, outdoor clothing becomes more specialized and better designed to support a layered system. Let's review the art of layering for outdoor activities.

What is Layering?

Layering is wearing a combination of clothes to regulate your body temperature, so you don't overheat or get cold. The system must match the climate conditions you are in, your activity level and your individual thermostat. Layers are broken into three categories: Inner, mid, and outer. These three layers act in unison (to trap heat, wick moisture, breathe, block wind, and repel water) but individually each layer performs specific functions.

Inner Layer: The inner layer, also called a base layer, is the first layer of clothing you wear, directly contacting your skin. Long or short sleeve tops, full-length bottoms or briefs, and sock liners are examples of inner layers. A base layer should fit snug. This fit lets the material quickly wick away moisture from your skin keeping you dry and warm. Inner layer materials are often made of polyester, polypropylene, silk, or a mix of synthetic and natural insulating and wicking fibers, like polyester and wool. Inner layers are classified in three weight types.

Lightweights are designed for intense aerobic activity (where moisture wicking is crucial to comfort) but provide little insulation. Midweight underwear provides moisture wicking properties as well as insulation for low intensity aerobic activities. A heavyweight layer will wick moisture but is intended to insulate in cold conditions. It's important to anticipate the temperatures you'll be in and pick the appropriate weight for an inner layer.

Mid Layer: The mid layer should be a looser fit than the inner layer, but not baggy. It needs to maintain contact with the inner layer to function properly. These materials are designed to trap and hold your body heat in small air spaces in the material; hence, why mid layers can feel lofty. Mids layers are also designed to carry moisture away from the inner layer, moving it from the body and pushing it to the outer layer. Mid layer materials range significantly, but some common ones are fleece, polyester, down, and wool. Many manufactures produce patented synthetic and natural blended materials for mid weight layers as well.

Mid layers are not universally categorized in lights, mids, or heavyweights, but you may see these terms occasionally used by some companies to describe the degrees of insulation their clothes provide. Depending on the temperatures you are in, you may need to wear more than one mid layer. For example, in cold conditions you may have a wool top and then a fleece jacket as well. That's the benefit of dressing in layers; you can add or remove clothing as you need to keep comfortable.