



Department	Document	Version	Creation Date	Last Revision
FLD	2.004	2	01.28.08	11.16.09

FIELD SUPPLY CHECKLIST

FALL/WINTER

The following is a basic, recommended list of supplies for the fall/winter field season; it is presented as a guide for those who have not worked in remote regions before.

- 1 Sleeping Bag (minimum quality equivalent to Arctic 3-star. Further recommendations can be offered by contacting us).
- 1 small pillow
- 1 or 2 dry bags (such as Seal Line) for personal belongings
- 2 pairs of winter boots. There are varieties available at better outdoors shops. Sorrel boots with a rating of -70° to -80° degrees Celsius make a great first pair and one lighter pair such as Sorrels with a -40° degree rating for getting around camp.
- 1 pair rubber boots. Late spring bring lots of melting snow and wet conditions. Summer dictates these as a necessity.
- 1 pair extra felt liners.
- 1 pair boot laces.
- 1 pair running shoe for around camp and inside buildings.
- 8 pairs woollen socks.
- 3 pairs trousers.
- 1 parka-good quality.
- 1 pair insulated pants, ski pants or insulated coveralls for those working out of doors.
- 2 woolen sweaters
- 1 cap or hat
- 1 toque
- 1 pair warm fleece lined mitts or gloves-work gloves will be provided
- 3 work shirts
- 3 t-shirts
- 1 or 2 pairs long underwear- sweat pants good
- 2 pairs pajamas
- 1 or 2 towels
- 1 face cloth
- 1 washing/shaving kit, toothpaste, etc.
- 1 sewing kit
- 1 pocketknife (do not pack into carry on luggage)
- 1 spare pair prescription glasses
- 1 pair sunglasses-good quality. A very important item!
- 1 watch (durable but inexpensive)
- 1 sunscreen lotion



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Other items:

- Include ski goggles and snowmobile mask for outdoor activity and work.
- Stationary items, stamps and reading material to last for the duration of your stay.
- As there is no radio reception, a portable CD/cassette player or iPod with headphones may be an idea. If your equipment requires batteries, make sure you bring enough – they will not be supplied.
- Cigarettes are of premium price in rural regions, so be certain to bring an abundant amount if you smoke.
- Extra cold medication, pain medication, or prescription medication.