 **backpacking_journey**
**Day hike only or
overnighters too in
winter?**

EARLY ENROLLMENT FOR UNLIMITED MEMBERS: NOVEMBER 22-30
OPEN ENROLLMENT: DECEMBER 1




BPL BASECAMP • SPRING '23 COHORT

<https://backpackinglight.com/bpl-basecamp-spring-23-cohort/>

NEWS & EVENTS

 **BACKPACKINGLIGHT™**

Ask a Question
Ask a question in the chat window below, and we'll answer it on the live stream.



**ALSO: RECORDING AND RESOURCE LINKS TO
BE MADE AVAILABLE AFTER THE WEBINAR!**

WINTER HIKING & BACKPACKING GEAR

 **BACKPACKINGLIGHT™**
MEMBERS Q&A



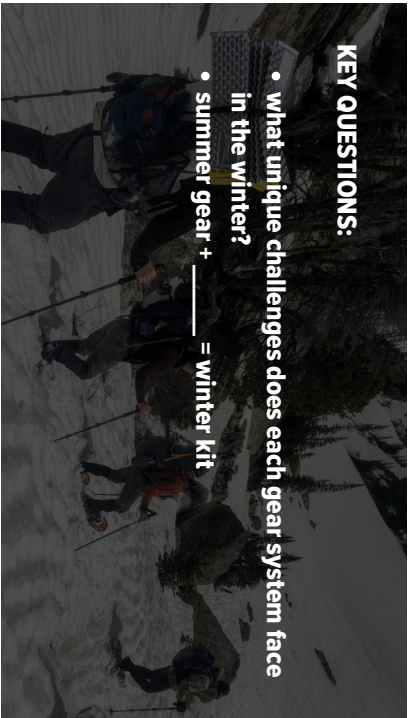
 **BACKPACKINGLIGHT™**
BPL TRAIL DAYS ONLINE!
A USER CONFERENCE FOR HIKERS, BACKPACKERS, AND OTHER BACKCOUNTRY ENTHUSIASTS

February 2023!

DATES & KEYNOTE SPEAKERS TO BE ANNOUNCED ON DECEMBER 11, 2022
EVENT TICKETS FREE FOR BACKPACKING LIGHT MEMBERS

KEY QUESTIONS:

- what unique challenges does each gear system face **In the winter?**
- **summer gear + _____ = winter kit**



FOOTWEAR & TRACTION SYSTEMS

GEAR:

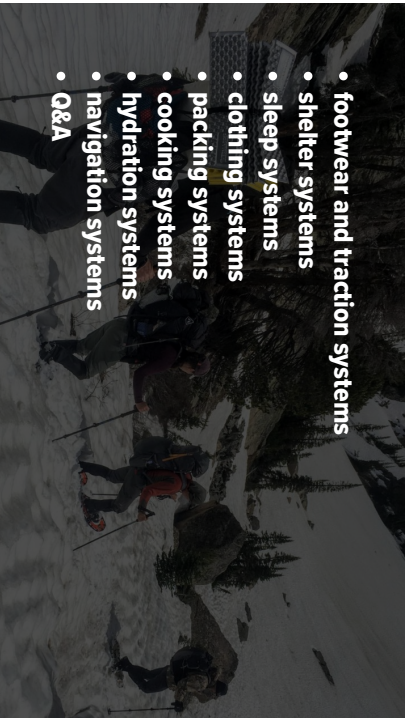
- insulated and/or WPB shoes
- waterproof/breathable socks
- thick socks
- high gaiters
- overboots
- traction spikes vs. snowshoes
- matching the right shoe to drive the traction device

FOOTWEAR & TRACTION SYSTEMS

SOLUTIONS:

- cold feet ↔ flexibility (circulation), insulation
- wet feet ↔ WPB membranes, gaiters
- matching traction to terrain ↔ footwear stiffness

- footwear and traction systems
- shelter systems
- sleep systems
- clothing systems
- packing systems
- cooking systems
- hydration systems
- navigation systems
- Q&A



FOOTWEAR & TRACTION SYSTEMS

CHALLENGES:

- cold feet
- wet feet
- matching traction to terrain

I already have a Katabatic Gear Bristlestone bivy and a small Zpack Hexinid pocket tarp with doors that I use for my 3 season fastpacking trips. I don't think these are appropriate for winter fastpacking trips. Amazon has the MSR Pro Bivy on sale right now for \$142. Seems like a good idea and option correct? - Rick S.

FOOTWEAR & TRACTION SYSTEMS



HEAVIER SNOWSHOES MUST BE
MATCHED TO STIFFER FOOTWEAR

FOOTWEAR & TRACTION SYSTEMS



NEOPRENE OVERBOOTS DO NOTE MATE WELL WITH
TRACTION SPIKES (DURABILITY AND STABILITY ISSUES)
SO LET'S REPLACE "ULTRALIGHT" FOOTWEAR WITH
WARMER FOOTWEAR.

FOOTWEAR & TRACTION SYSTEMS



32 OZ/FOOT

FOOTWEAR & TRACTION SYSTEMS



NEOPRENE OVERBOOTS ARE THE MOST EFFECTIVE WAY
TO ADD INSULATION AND MOISTURE PROTECTION TO
YOUR FOOTWEAR SYSTEM

35 OZ/FOOT

FOOTWEAR & TRACTION SYSTEMS



28 OZ/FOOT

FOOTWEAR & TRACTION SYSTEMS



HEAVIER SNOWSHOES
MUST BE MATCHED TO
STIFFER FOOTWEAR

64 OZ/FOOT

SHELTER SYSTEMS

SOLUTIONS:

- storms (wind & snow loading)
 - **campsite selection, shelter stability**
- ventilation (spindrift & drafts)
 - **tighter ground seal, solid fabric inners**
- condensation
 - **solid fabric inners & water-resistant sleeping bag shells**



SHELTER SYSTEMS

CHALLENGES:

- storms (wind & snow loading)
- ventilation (spindrift & drafts)
- condensation



FOOTWEAR & TRACTION SYSTEMS



REPLACE UNINSULATED SHOES + NEOPRENE
OVERBOOTS WITH INSULATED BOOTS + HIGH GAITERS
FOR USING TRACTION DEVICES IN EXTREME COLD

42 OZ/FOOT

SHELTER SYSTEMS

GEAR:

- bivy sacks & sleeping bag shells
- double-wall shelters with solid fabric inners
- stakes for snow or frozen ground
- lots of guylines



SLEEP SYSTEMS

SOLUTIONS:

- external moisture (condensation in shelter) falling on sleeping bag shell & wetting it out
 - protect sleeping bag with water-resistant outer shell layer
- internal condensation accumulating in sleeping bag
 - move dewpoint out of your main down bag (2 layer sleep system)



SLEEP SYSTEMS

CHALLENGES:

- external moisture (condensation in shelter) falling on sleeping bag shell & wetting it out
- internal condensation accumulating in sleeping bag



SLEEP SYSTEMS



DOWN, INNER, 20°F



SYNTHETIC, OUTER, 50°F

CLOTHING SYSTEMS

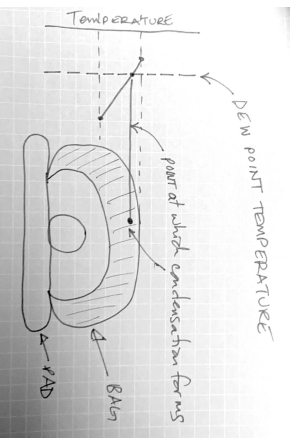
CHALLENGES:

- accumulation of perspiration in clothing
- heat loss due to wind
- heat loss due to cold temperatures

SLEEP SYSTEMS



DOWN BAG



SLEEP SYSTEMS



DOWN, INNER, 20°F



SYNTHETIC, OUTER, 50°F

$$\begin{aligned}
 &\text{COMBINED} \\
 &\text{TEMP RATING} \\
 &= T1 + T2 - 70 \\
 &= 20 + 50 - 70 \\
 &= 0^\circ\text{F}
 \end{aligned}$$

SLEEP SYSTEMS

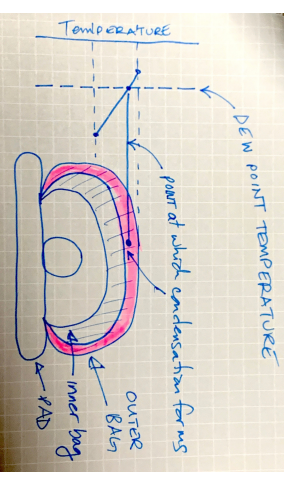
GEAR:

- bivy sacks & sleeping bag shells
- synthetic-insulated outer layer sleeping quilts

SLEEP SYSTEMS



DOWN, INNER, 20°F SYNTHETIC, OUTER, 50°F



 [matt_odlerna](#)

Hacks to get myself out of my cozy quilt in the morning?

CLOTHING SYSTEMS



CLOTHING SYSTEMS

GEAR:

- mesh base layers
- high-loft, low-density fleece
- highly-breathable wind "resistant" layers
- shell ventilation

CLOTHING SYSTEMS



CLOTHING SYSTEMS

SOLUTIONS:

- accumulation of perspiration in clothing
 - optimize layers for maximum breathability and minimum moisture absorption
- heat loss due to cold temperatures
 - increase insulative ability of clothing
- heat loss due to wind
 - block it, or use the wind to spill heat?

CLOTHING SYSTEMS





travelclimb

How do you maximize FUN in winter? I'm usually fixed on low miles and eating every min lol



Can you share any secrets you've learned about on how to deal with middle of the night nature calls when buried in a bivy sack? The best I have come up with is to design my sleep system so I need to wear all the clothing items I have (including rain gear) so I just get up and go easily even if it's raining out? This is based on a typical 30 degree cold temp at night.



hikesandcakes

Where is a good place to go for a seasoned backpacker who has never gone in the winter?



Is condensation an issue while completely enclosed in the bivy? If so, how to you minimize it? Do you leave the bivy open when it's a dry night or it is always zipped up?

<https://backpackinglight.com/forum/topic/where-to-hike-warm-during-winter-months/>



reglightam

Do you double up your sleeping pads? Like a ccf and an inflatable



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I know you recommend layering a synthetic quilt over a down sleeping bag for use at lower temperatures. This also has the advantage of avoiding condensation inside the down and moving it out to the synthetic quilt. For those of us who only just use proper winter sleeping bags, are there any techniques to avoid condensation inside the bag? Would a hot nalgene inside the bag or layering a breathable heat reflective blanket (SOL Escape Lite Bivy) over the sleeping bag, help in pushing the dew point out of the bag to avoid condensation?



Have u tried heated gloves? I am looking for a dexterous solution for photography in cold conditions (under 10F). Handling the camera accelerates getting cold fingers.



Can you provide some suggestions on keeping the fingers warm - especially in camp. This seems to be the trickiest part to figure out. Too much glove and it's hard to do anything. Too little and my hands get cold.



LIVE CHAT