

Packing List Essentials

Inner Mountain Expeditions

For assistance, tips and ideas check out our [Packing List Assistance Page](http://www.innermountainexpeditions.com/packinglist)
www.innermountainexpeditions.com/packinglist

Clothing

- Warm clothes

Tip: we like to wear thermal underwear and thermal shirts.

Tip2: wear layers. They keep hold your body temperature better and layers make it easier to adjust to the wanted temperature.

- A warm winter jacket
- Movement clothes
- Mittens/ Gloves
- a warm hat
- Shorts
- 2 -3 pairs of Swim Wear

Daniels says: "I often just swim in my underwear instead of swim wear"

Footwear

- Crampons/ Snowsteps
Not the spikey ones! But the ones for hiking.
- Hiking Boots
- Snow boot Geiter (also called Gamaschen)
- (Hicking) Socks
- flip flops or aqua socks

Gear & things

- a Yoga mat or a blanket

Note: this is to lay on during the Breathing and movement sessions

- a backpack between 25 - 35 liter

Tip: You will use this back pack daily when we go outside bare chested or when we go swimming. The backpack needs to be big enough to put your warm clothes in.

- 2- 3 bath towels/ Microfiber towels

Tip: take 2 or 3 towels so you have enough for the swimming trips

Note: the hotel will provide towels for showering, NOT for cold swims

- toiletries
- earplugs (*some people snore....*)
- a flashlight or headlight
- Lot's of good spirit

Optional

- Fleece blanket(s) of sleeping bag
This is for during the breathing sessions, regularly people get cold and like to have a blanket to be tucked in a bit.
- instant heat pack
- Cash for 'you never know'