

WINTER *Vacation Tips* AND PACKING CHECKLIST

A LITTLE COLD IS NOTHING FOR MIDWESTERNERS. In fact, many of us live for these cold months. If that's not exactly your standard operation, this packing list is a tool you can use to plan the perfect winter getaway in Cook County, Minnesota. This is just a starting point. You'll want to customize for your personal taste and itinerary. Use these tips and our ultimate winter vacation packing checklist to plan the perfect winter adventure in Cook County. Happy planning!

WINTER VACATION TIPS

DRESS IN LAYERS

Layers are the key to keeping warm during all your winter activities. Think in terms of three: base layer, mid-layer, outer layer.

Start with a light, moisture-wicking base layer. Believe it or not, even in the coldest temperatures, you'll work up a sweat. If you wear absorbent materials like cotton, that moisture will stay next to your body and lower your body temperature. Instead, materials like wool, polyester, or polypropylene will

actually move sweat away from your body. Next, add an insulating mid-layer that will absorb moisture and keep you warm. Think wool sweaters, fleece jackets, or sweatpants. Feel free to add multiple mid-layers if you're the type that gets especially cold. Last, protect yourself from the wind, sleet, or snow with a waterproof shell.

This goes for your feet, too. A light, moisture-wicking sock underneath your favorite wool socks will keep your toes nice and warm all day long. And don't forget hats, gloves, balaclavas and goggles for the really cold days.

If you don't have all of these items in your current wardrobe, don't worry. *The shops and outfitters in Cook County* have everything you need and then some.

STAY HYDRATED

Although it might seem counter intuitive to put cold water into your body when it's cold outside, studies show it actually keeps you warm. Having water in your system helps regulate your body temperature and makes it easier for you to stay warm.

PRO TIP

Carry a hydration pack backpack. The nozzles are essentially hands free – easy to open and use without taking off your mittens - no more fiddling with screw caps or pop tops.

KEEP MOVING

Kinetic energy is your friend in Cook County. Keeping yourself moving is a critical component of staying warm. As you move, your blood pumps throughout your body, keeping everything from your core to your extremities nice and warm.


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EQUIPMENT CHECK

Try these tips to extend your battery life and cell phone function during the cold.

- Keep your phone close to your body, inside jacket pockets are best.
- Add a protective case. Your body needs layers – your phone does too.
- Use sparingly by only exposing your phone when you're ready to snap a photo.
- Airplane mode will prolong your battery life.
- Pack a travel battery charger in case of emergency.



Shorter ventures into the wilderness followed by time spent cozying up by the fire with hot cocoa will keep you busy, happy and warm all day long.

Maintain a steady pace during your winter activities to keep your blood moving, but not so quick as to cause yourself to sweat. When you take a break, make it brief and be sure not to cool down too much. It's easier to maintain a comfortable temperature than it is to warm up after your body temperature drops.

KEEP YOUR LOVED ONES AND VALUABLES WARM, TOO!

LITTLE ONES

Dressing in layers is key for kids, too. Especially the ones who may not be moving much – or at all. Hats that secure under the chin are less likely to be pulled off, but some crafty escape artists might find a way. Hot water bottles and thermoses containing warm drinks or food can also help keep your kiddos warm and content while out and about.

You know your kids better than anyone, and you know what they can and cannot handle. Plan your adventures accordingly. Shorter ventures into the wilderness followed by time spent cozying up by the fire with hot cocoa will keep you busy, happy and warm all day long.

FOUR LEGGED FRIENDS

Many dog breeds are made for the cold. Some love the cold weather and would stay out all day if you let them. These types of dogs, like Siberian Huskies, Alaskan Malamutes, St. Bernards, mountain, or shepherd breeds, etc., are bred to withstand cold temperatures. If you're expecting wet snow or ice, these dogs might appreciate booties or protective balms for their foot pads.

Other breeds, like Pugs, Boston Terriers, Pitt Bulls, Greyhounds, Boxers and many small breeds, don't tolerate the cold quite as well. They don't grow a natural, thick undercoat and can get cold quickly. Fleece or wool jackets and booties will help these dogs keep their cores warm as they bound through the snow – though they may appreciate staying indoors just as much.

CELL PHONE

We know how important it is to capture the special moments you experience during your winter adventures. As you explore during the winter, you're bound to stumble upon some of the most picturesque beauty in all of Minnesota. It begs to be captured, shared and remembered forever. See page one for our tips on using your cell phone in winter.

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WINTER VACATION PACKING Checklist

SEE YOU IN COOK COUNTY THIS WINTER! This list will help you pack for the ultimate winter vacation in Cook County. For more resources and additional ideas for your stay, browse VisitCookCounty.com – or reach out to our team directly at info@visitcookcounty.com or 888-922-5000.

CLOTHING

OUTDOOR GEAR

BASE LAYER – WOOL, POLY BLENDS

- Pants
- Tops

MID LAYER – WOOL, FLEECE

- Pant
- Tops

OUTER LAYER – WINDPROOF/WATERPROOF SHELL

- Jacket
- Snowpants

SOCKS

- Polypropylene liners
- Wool socks

HAT

GLOVES

SCARF/BALACLAVA

GOGGLES

WINTER BOOTS

STREET CLOTHES

JEANS/PANTS

SHIRTS

SWEATERS/SWEATSHIRTS

FLANNEL SHIRTS

UNDERWEAR

SOCKS

PAJAMAS

SPORTING EQUIPMENT/GEAR

DOWNHILL SKIING/SNOWBOARDING

COLD WEATHER GEAR *(see outdoor gear)*

SKIS/SNOWBOARD

POLES

BOOTS

CROSS COUNTRY SKIING

COLD WEATHER GEAR *(see outdoor gear)*

SKIS

POLES

BOOTS

SNOWSHOEING

COLD WEATHER GEAR *(see outdoor gear)*

SNOWSHOES

BOOTS

SNOWMOBILING

COLD WEATHER GEAR *(see outdoor gear)*

HELMET

FAT TIRE BIKING

COLD WEATHER GEAR *(see outdoor gear)*

BIKE

HELMET

SHOES

OTHER

ELECTRONICS

PHONE

CHARGER

EXTERNAL BATTERY CHARGER + CABLE

FLASHLIGHT

GPS

HEADPHONES

FOOD AND SNACKS

WATER/WATER BOTTLE

TRAIL MIX

HIGH PROTEIN BARS

NUTS

DRIED FRUIT

CHOCOLATE

JERKY

HOT CHOCOLATE

COFFEE/TEA

THERMOS/INSULATED DRINK CONTAINER

PERSONAL ITEMS

HAND WARMERS

TOILETRIES

GAMES

