FREE PACKING LIST

Cold Climate & Winter

Layering that actually works, not just looks warm.

BY JAY & FABIENNE — OCEANS APART

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How to use this list: tick items as you pack. The online version at **jayandfabienne.com** keeps your progress for you.

Links marked "Ad" are affiliate links. If you book or buy through one, we may earn a small commission at no extra cost to you. "Our pick" is gear we actually use, listed at **jayandfabienne.com/what-we-use/**.

Documents & money

- [ ] Passports
  Check validity and blank pages
- [ ] Visa or eVisa confirmation, if you need one
- [ ] Travel insurance documents
  Check that winter sports are covered if you plan any
  See: **our insurance experience**
- [ ] Vaccination certificates
  See: **what we got and what it cost**
- [ ] Two cards per person
  Keep them in different places
- [ ] Copies of all important documents
  Digital and on paper

Bags

- [ ] Main backpack, 45 to 55 L per person
  Winter layers take more room
  Our pick: **Osprey 44 L + 15 L**
- [ ] Small foldable daypack
  15 to 20 L per person
  Our pick: **Osprey 44 L + 15 L**
- [ ] Packing cubes, ideally compression cubes
  Bulky layers shrink a lot
- [ ] Dry bag or rain cover

Layers (per person)

- [ ] 1 to 2 thermal base layer sets
  Top and bottom
- [ ] 3 to 4 long-sleeve tops
- [ ] 1 fleece or hoodie
  Mid layer
- [ ] 1 sweater
- [ ] 1 insulated jacket
  Packable down or synthetic
- [ ] 1 waterproof shell jacket
- [ ] 2 warm pants or jeans
- [ ] 4 to 5 pairs of warm socks
  Wool or a wool blend dries fastest
- [ ] 5 to 7 pairs of underwear
- [ ] Warm sleepwear

Head, hands & neck

- [ ] Warm hat
- [ ] Gloves or mittens
  Touchscreen-friendly if you can
- [ ] Scarf or neck gaiter
- [ ] Sunglasses
  Snow glare is real
- [ ] Disposable hand warmers
  For emergencies

Footwear

- [ ] Waterproof boots or trail shoes
  Our pick: **Salomon** AD · **adidas Terrex**
- [ ] Comfortable sneakers
  Our pick: **New Balance 520**
- [ ] Slippers or flip-flops
  For hostels, saunas and shared showers

Skin & health

> ***General reference, not medical advice. Ask a doctor or travel clinic what is right for you.***

- [ ] Rich moisturizer
- [ ] Lip balm and hand cream
- [ ] Sunscreen
  You still need it, especially at altitude or in snow
- [ ] Pain relievers
- [ ] Cold and flu medication
- [ ] Throat lozenges and nasal spray
- [ ] Antihistamine
- [ ] Fever thermometer
- [ ] Electrolytes
- [ ] Plasters, including blister plasters
- [ ] Prescription medication in its original packaging
  With a copy of the prescription

Women's & sexual health

- [ ] Tampons or other period supplies
  Pads or a menstrual cup work too
- [ ] Treatment for vaginal yeast infections
  Heat and moisture make these more common while traveling
- [ ] Condoms

Tech & connection

- [ ] Phone
  Our pick: **iPhone**
- [ ] Chargers and cables
- [ ] Power bank
  Cold drains batteries faster, keep it inside your jacket
  Our pick: **Power banks**
- [ ] Universal travel adapter
- [ ] Earphones
  Our pick: **AirPods** · **JBL on-ear**
- [ ] Camera or action camera
  Our pick: **DJI action camera**
- [ ] eSIM for mobile data
  Set it up before you fly
  Our pick: **Ubigi** AD | Also an option: **Airalo** AD
- [ ] VPN for public Wi-Fi
  Our pick: **NordVPN** AD
- [ ] Offline maps
  Download them before you go

Everyday extras

- [ ] Insulated bottle or thermos
- [ ] Compact umbrella
- [ ] Snacks for transit
- [ ] Small laundry detergent
  Winter clothes still need washing
- [ ] Lock for your backpack
- [ ] Eye mask and earplugs
- [ ] A small good-luck charm
  Something that makes you feel good

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Happy *Travels*

We hope this list saves you time, money, and a few headaches out there. If you put any of it to use, tag us, we'd love to see where you end up.

Above all, we hope you travel with open eyes: grateful for the privilege it is to see any of this at all, and with real respect for the people and cultures who call these places home. We're only ever guests.

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