

<b>Core Kit -- Cool to Cold Conditions</b>	
<b>Clothing</b>	
<b>Items</b>	<b>Notes/Recommendations</b>
thermal bottoms	Light- or medium-weight bottoms are usually sufficient; Patagonia Capilene baselayer products are extremely reliable and functional, and they fit well.
thermal top 1	I like a silk-weight t-shirt as a first layer; often using a Mountain Hardwear piece to excellent effect.
thermal top 2	Mid-weight, long-sleeve -- Patagonia zip-tee or Arcteryx Rho are terrific.
liner socks	The Bridgedale liners have worked very well over many years.
primary socks	Medium- or heavy-weight, depending on your preferences and boot sizing. Ensure the socks have a majority of wool. Teko, Bridgedale, Smartwool, and Icebreaker make some very good socks.
softshell pants	Schoeller really makes some fantastic softshell material, and they were one of the first, if not the very first, to manufacture it. Black Diamond, Mammut, Patagonia, and Arcteryx, among others, makes some very good softshell pants. For most purposes, the medium-weight versions are fine.
softshell jacket	See above.
gloves 1	The no-longer-available but truly awesome Schoeller-based Ice Tool gloves by Black Diamond are perfect examples of versatile, light, and high-tactile-factor gloves. I almost always have a pair in the pack if conditions will be below freezing.
gloves 2	A pair of very warm, insulated gloves (or mittens, in some circumstances) is crucial.
waterproof breathable pants	Major options here. Unless rain, and lots of it, is pretty much guaranteed you should be able to get away with a light-weight and inexpensive model made by the likes of Red Ledge. These pieces have proven to be reasonably strong and resistant to wear, while providing very good rain protection. The other option is the full-on version made with a high end fabric like Gore-Tex or Event. Either way, choose the full-side-zip model for easier installation.
waterproof breathable jacket	See above.
insulated jacket	Quite a few options here, but the basics notion is that when you stop moving, your core needs to be insulated. A helmet-compatible hood is a nice option to have -- and in more extreme situations you can't do without it. The right amount of insulation depends on the conditions and your particular response to the cold -- in the dry conditions typical in winter, down can't be beat in terms of thermal retention value to weight -- but the latest synthetics are also extremely good (and have the added benefit of maintaining some of their insulation capability when wet). When sizing the insulated jacket, make sure it can fit over all your layers.
boots	Plastic or leather--either way they have to be insulated. Most go for the plastics if the adventure is multi-day. The Koflach yellows are a standard in this arena, for winter in the Northeast or Rainier (at least in the summer).
gaiters	High-quality full-length gaiters are essential; I've had very good results with some eVent ones (better breathability) but the standard Gore-Tex gaiters also work very well indeed.
hat 1	I like a light-weight hat that works well under a helmet and can be used with "hat 2" when cold.
hat 2	This is a medium-weight hat, most likely made from a windproof fleece -- keeps the noggin toasty.