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WINTER CLOTHING LIST, DIRECTIONS AND OTHER THINGS

Layer, layer when dressing for the cold weather in North Dakota. The wind does blow and there is not much to slow it down. Layering allows you to unzip if you become too warm, but it also keeps the body heat in. You will be moving a lot when working with the dogs, but there will be times of standing around outside. When you are on the sled you can get off and run along side, holding onto the sled to help you to stay warm. However, there will be some standing around and that is when one tends to get cold. When you layer you do not want your clothes to feel tight or stop your ability to move, because this will make you cold! Be sure the clothes fit comfortably, yet loosely so you can move easily.

L. L. Bean and Campmor are good places to purchase reduced priced clothing and Cabela's is another and check their bargain supplies. Borrowing from a friend is a good option, too. I will have extra sweaters, mittens, hats, outer coats, etc. available for use too.

HERE'S WHAT YOU WILL NEED.

- ⇒ Hat that covers your ears (Polartec lining is good to have)
- ⇒ Neck warmer/gaitor rather than a scarf, Although a scarf works nicely to help protect your face from the prairie winds
- ⇒ Mittens rather than gloves work better to keep your hands warm. Your fingers can move more freely inside the mittens to keep blood flowing for warmth. Layering mittens helps too. Using a lightweight liner gloves that will fit inside a heavier mitten with wind blocking properties is good to have. Wrist warmers add warmth as well. Bring multiple pairs of gloves/mittens so you always have dry ones.
- ⇒ Socks: 75% Merino wool socks work great. Wear a lighter weight liner sock under the wool socks to wick away moisture so your feet stay warm.
- ⇒ Boots: Make sure you try on the boots with the socks you will be wearing!! You don't want them snug because then your feet will get cold. Flexible boots are better than hard, stiff ones.
- ⇒ Chemical hand/foot warmers do help but be sure there is enough room in your boots to add these. I will have some these available but bringing your own is wise too.
- ⇒ Body layer: long underwear: silk, thermal or fleece that is 100 weight work well for a base layer.
- ⇒ 200 weight fleece and/or wool blend sweaters keep the body core warm. You might layer 100 weight fleece with 200 weight fleece over it, topped by an outer windproof shell for legs and upper body. You can add a vest as well for added warmth.

- ⇒ Outer layer: You will need an outer jacket with preferably wind blocking properties. Whatever you buy, try the item on with the other clothing you are going to wear so you are sure you are comfortable and able to move easily.
- ⇒ Here is an example of how you might layer: 75 % wool socks with mukluks or similar type boots; on upper body, 100 weight fleece, top and bottom, a light weight mock turtle neck shirt, then a 200 weight fleece or wool blend sweater, bottom/legs 200 weight fleece that has an outer layer that stops wind (nylon covering), wrist warmers & 200 weight fleece mittens with wind blocking properties, neck gaiter, hat—usually a fleece one that has wind blocking properties; and 200-300 weight fleece coat then Anorak or nylon type coat that will help to block the wind. Layer, layer and you can add or remove as needed.

You can go inside to warm up at any time! Remember to stay hydrated when outside. The air in ND is very dry and you will become dehydrated quickly.

Other items to bring

- ⇒ water bottle with insulating sleeve (or size that you can fit in a pocket)
- ⇒ sunglasses the reflection off the snow is very bright!
- ⇒ camera and extra batteries
- ⇒ extra mittens/gloves and socks
- ⇒ your personal toiletries
- ⇒ emergency contact information
- ⇒ headlamp or flashlight—small one
- ⇒ Open mind and heart

Red Willow Bible Camp will provide pillow(s), bedding and towels.

DOG CHALLENGE PEOPLE BRINGING DOGS

If you are bringing a dog please bring along proof of vaccinations, leash, crate, dog food and means to clean up after your dog. There will be a \$25 donation to Red Willow Bible Camp by ones bringing their dogs, so bring a check for that or cash. There will be a dumpster available for disposal of dog waste, too. Dogs will be housed in one of cabins, in their crates, when not with you learning to be a sled dog or you can keep them in your vehicle. A space heater will be provided also to help keep the cabin warm for the dogs. The cabins are not winterized that will be used to house the dogs. The dogs are not allowed in the main retreat building!

DIRECTIONS

Address for Red Willow Bible Camp is 1651 Jacob Drive Binford, ND 58416

RWBC phone number is 701-676-2681

Helen Corlew's cell number: 701-304-0193 (may not answer but leave a message) My home phone is 701-345-8554

Here are driving directions from Hector Airport in Fargo to Red Willow Bible Camp.

When you come out of the airport road you will turn west (right) to head to I29, You will take I29 south so you can get on I94 west. Take I94 west to the exit for North Dakota 1 (exit 283) and stay on ND 1 for 37 miles (north), then you will be at a T and take a left on 200/1 for 6 miles (heading west) and then ND 1 will go north again and you will turn right on ND 1 (north) for almost 15 miles. County road 2 is the turn you want, you will come down a "hill" and there is a sign on the right I think for RWBC and you turn left--west again. Follow almost 2 miles, then when the road curves to the left, there will be a road to the right (red canoe and RWBC sign), this is Jacob Drive--follow that to the end. So turn right and camp is at the end of the road.

People coming from the east on I94 (MN):

Follow I94 west past Fargo to the exit for North Dakota 1 (exit 283) and stay on ND 1 for 37 miles (north), then you will be at a T and take a left on 200/1 for 6 miles (heading west) and then ND 1 will go north again and you will turn right on ND 1 (north) for almost 15 miles. County road 2 is the turn you want, you will come down a "hill" and there is a sign on the right I think for RWBC and you turn left--west again. Follow almost 2 miles, then when the road curves to the left, there will be a road to the right (red canoe and RWBC sign), this is Jacob Drive--follow that to the end. So follow road to the right! Camp is at the end of the road.

People coming more from the north or NE North Dakota or MN:

Take Hwy 2 west to Lakota (which is ~ 60 miles west of Grand Forks and 16 miles west of my house for ones that have been to my home). At Lakota, take ND Hwy 1 (blinking light) south, left turn. Follow this about ~27 miles south. There will be a brown sign on the right side for Red Willow resort, the road you turn on is County 2 and is a paved road. Once you turn you will see a big sign for the camp on the right side. Follow County 2, ~2 miles, then when the road curves to the left, there will be a road to the right (red canoe and RWBC sign), this is Jacob Drive--follow that to the end. So go to the right! Camp is at the end of the road.