

Winter Hiking Checklist

Feet:

- Winter Boots: Hiking boots, Felt-lined pac-boots (e.g. Sorels) or technical mountaineering boots
- Socks: Two pair, wool or synthetic, No cotton! Wicking (e.g. polypro) inner socks recommended - some also use vapor barriers or neoprene socks.
- Gaiters: Strongly recommended.
- Snowshoes: Sherpa or narrow bearpaw style (no Alaskans) with snowshoe-crampons attached. (Will be provided if you do not have them)

Head and Hands:

- Hat: Wool or synthetic - bring either scarf or balaclava.
- Gloves/Mittens: Two pair, wool or synthetic, one light pair of gloves and one warm pair of mittens recommended. Downhill ski gloves and mittens (down or synthetic) are often too warm to hike in. Mitten shells strongly recommended.
- Sunglasses or tinted ski goggles strongly recommended.

Body:

- Underwear: Shirt and bottoms (inner layer). A wicking synthetic (polypro, Capilene, Thermax, etc) strongly recommended; wool, silk, Spandex, Lycra, or other synthetic OK; No cotton!
- Light Upper Body Insulating Layer: At least 1 light-weight insulating layer for hiking: wool or synthetic shirt, light pile jacket, or lightweight wool or synthetic sweater).
- Pants: Lightweight tight-weave wool (non-fuzzy sort) or breathable nylon or Gore-Tex over long underwear. No Jeans or Sweatpants. Side zips for ventilation recommended.
- Extra Insulating Layers: Bring enough extra layers in your pack to keep you warm if standing around in the cold for an extended period: thick pile or wool jacket or sweater, or down or synthetic parka. Also bring extra lower body layer (pile, wool, down, or synthetic pants, or expedition weight synthetic longjohns.)
- Rain/Wind Gear: (outer, shell layer), either:
 - Low-Tech Option: Conventional breathable, nylon wind jacket with hood and pants, and also coated nylon waterproof rain jacket with hood and pants
 - High-Tech Option: Gore-tex or similar breathable and waterproof jacket with hood and pants

Food and Water:

__ Lunch/Munchies: High-calorie quick-burn energy food: dried fruit, candy, bagels, bread, preserved meats or cheese (diced in advance), fruitcake, small sandwiches, nuts, cookies. No cans - No food which freezes. Often, there is no extended lunch stop - prepare to munch along the way. Always bring extra.

__ Water: At least two quarts or liters in wide-mouth, leak-proof, shatterproof bottles (to prevent lid freezing shut). Insulate bottles in foam or wool sock and store upside-down.

Other Gear:

__ Ski Poles

__ Backpack: Large enough to contain all your gear.

__ Straps/Cords to attach snowshoes to your pack.

__ Headlamp or Flashlight: Either use lithium batteries or keep alkaline batteries warm. Always bring extra batteries and bulb. Headlamps are strongly recommended and may be required.

Recommended Gear:

__ Repair kit for snowshoes, crampons, pack, skis. Might include nuts & bolts, wire, clevis pins, duct tape, Swiss Army knife, pliers, screwdriver, etc.

__ Camera

__ Personal first aid kit: Know what to do with it!

__ Emergency kit: 50 feet of strong nylon cord, Mylar tarp, matches in waterproof container, etc

__ Trail map and compass: Know how to use it!

__ Toilet paper

__ Sunscreen, skin moisturizer, chapstick

__ Thermos bottle with hot drink: Avoid caffeine.

__ Insulated Sitting pad