

General Winter Day Hiking Checklist

(NDR 11/2021)

(bolded items are required or highly recommended)

(non-bolded items are optional or depend on the trip, red items are the 10 essentials)

Feet

- ◆ **Winter boots: single or double wall insulated boots – 400 grams recommended**
- ◆ **Socks: One wool (Merino wool recommended) or synthetic non-cotton pair to wear plus extra pair, liner socks**
- ◆ **Gaiters: knee high**
- ◆ **Snowshoes (depends on trail conditions)**
- ◆ **Spikes (e.g. MICROspikes) (depends on trail conditions)**
- ◆ **Trekking poles with snow baskets**
- ◆ Full crampons (depends on trail conditions and/or location)

Head and Hands

- ◆ **Two hats – fleece or wool**
- ◆ Neck gaiter, buff
- ◆ **Gloves / Mittens: Two pair, wool or synthetic, one light pair of gloves and one warm pair of mittens**
- ◆ Sunblock SPF 30 for face

Body

- ◆ **Underwear: wicking base layer top and bottoms (polypro, Capilene, Thermax, etc.).**
- ◆ **Light Upper Body Insulating Layer: At least one lightweight insulating layer for hiking: wool or synthetic shirt, light pile jacket, or lightweight wool or synthetic sweater.**
- ◆ **Pants: breathable nylon or Gore-Tex over long underwear.**
- ◆ **Extra insulating layers, e.g. down parka**
- ◆ **Shell jacket or parka**
- ◆ Extra base layer shirt

Food and Water

- ◆ **Water: At least two quarts/liters in wide-mouth, leak-proof, shatterproof bottles. Fill with boiling hot water.**
Add something to help lower the freezing point.. Put in bottle insulator or sock
- ◆ **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 food that freezes .**
- ◆ Non-glass thermos of hot favorite drink

Other Gear

- ◆ **Pack large enough to hold all your gear – 30 to 50L**
- ◆ **Headlamp with extra lithium batteries**, extra headlamp
- ◆ **Personal first aid kit**
- ◆ Whistle
- ◆ **Sun glasses**
- ◆ **Map, compass (know how to use it)**, smart phone, smart phone charger, camera, GPS
- ◆ **Emergency items: snowshoe repair parts, duct tape, wire, zip ties, safety pins, knife, matches and lighter**
- ◆ **Toilet paper, wipes, hand sanitizer**
- ◆ **Pocket knife**
- ◆ Insulated sitting pad: a piece of foam sleeping pad about 20" x 20" or insulated large Fedex envelope
- ◆ Chemical hand and toe warmers
- ◆ Pack cover
- ◆ Bandana, buff

Above Treeline Gear

- ◆ **Balaclava with built-in facemask OR balaclava and separate facemask**
- ◆ **Ski goggles**
- ◆ **Wind pants: Breathable nylon or Gore-Tex. Side zips strongly recommended.**
- ◆ **Mitten wind shells**
- ◆ Ice ax (for technical routes)

Misc

- ◆ **Itinerary left with spouse or significant other**
- ◆ Clothes to change into after the trip
- ◆ **Tarp and ¾ length close cell pad or emergency bivy sack/blanket**
- ◆ 50 feet of strong nylon cord
- ◆ Sleeping bag – summer weight down bag or down blanket
- ◆ Group size first aid kit