

Winter Hiking Gear List: Please check off with X

All Listed Required: Unless Marked As Optional : Keep everything as lightweight as possible, Ounces add to Pounds!
EMAIL ME WITH QUESTIONS! BRING WHAT YOU OWN TO THE CLINIC!

___ Winter Insulated Boots/ Double layer boots* (ex. Removable liner, Double Plastics)

***Required For Winter Backpacking OR VAPOR BARRIERS MUST BE USED!**

- ___ Merino/Alpaca Wool or synthetic blend warm hiking socks (and an extra pair packed)
- ___ Full length gaiters or equivalent (or internal gaiter pants)
- ___ Snowshoes (MSR preferred or equivalent a must)
- ___ Full set of real Crampons (**Fitted to your boot prior to hike**)
- ___ Microspikes or Hillsound , or Hillsound PROS

Tops (no cotton)

- ___ Base layer (underwear) – wicking (no cotton)
- ___ Insulating mid-layer: light fleece, or warm synthetic or wool
- ___ Outer layer top - light fleece, polypro, etc.
- ___ Shell -- wind/waterproof breathable layer
- ___ Puffy jacket: Down or Polyfiber type (ex: primaloft)

Bottoms (no cotton)

- ___ Base layer: synthetic, wool, silk (no cotton)
- ___ Mid-layer –synthetic, wool, silk (no cotton)/PUFFY pants are great instead of mid layer
- ___ Shell: wind/waterproof breathable pants (full side zipper recommended)

Other

- ___ Warm Hat: synthetic/wool (two are preferred)
- ___ 2 pair Gloves (one pair light weight and a heavier insulated pair)
- ___ Mittens – wind/water resistant/proof
- ___ Buff/face gaiter (something to cover face above treeline)
- ___ Eye protection: goggles or glasses (tinted preferred) for any above treeline trek
- ___ Backpack big enough to fit all of your gear (no lawn sale potential)
- ___ Booties for camp optional

Additional Gear

- ___ Small very basic personal first aid kit
- ___ Headlamp with **extra batteries**
- ___ Chapstick/ sunscreen (20± SPF)
- ___ Chemical heat packs / for both days & overnight!
- ___ 2-3 L water/fluids (1 insulated case+ 1 wide mouth Nalgene bottle mandated)
- ___ Food and snacks (simple and complex carbs and some protein/ high caloric density = CALORIES/WEIGHT)
- ___ Dinner and breakfast (dehydrated or freeze-dried or such preferred, lightweight least moisture, air tight)
- ___ Whistle: nonmetal on pack shoulder strap.
- ___ Poles with winter baskets
- ___ Paracord hanks for hanging items, securing, or repair ~20 ft worth/ dyneema cord is lighter
- ___ **2 PADS:** one must be closed cell foam, second can be insulated inflatable, OR 2 closed cell are fine!
- ___ **Ability for -10 to -20 degree sleeping bag. You must sleep comfortably!**
ex: either a -20 bag or 0*bag w/ puffy jacket & pants or quilt/ sea to summit reactor/extreme bag liner.
- ___ Gallon size Ziploc freezer bags x3: 2 in case of foot/hand issues, 1 for trash/garbage
- ___ Mess kit **LIGHTWEIGHT:** Plastic MUG (optional) / Plate/ fork or spoon, spork (glad ware type container best)
- ___ Matches/fire starter in Ziploc bag & Map-Compass
- ___ Small lightweight knife
- ___ 2 Large Trash bags: 1 to line your pack and the other to place pack in vestibule
- ___ Optional: Electrolyte powder / antacid / Rx / decongestant, antihistamine, advil, etc.
- ___ Optional: **LIGHTWEIGHT** Toiletries: toothbrush, pea size toothpaste, strip of floss, a few baby wipes, microfiber towel
- ___ Optional: Tea, Hot Cocoa, Instant Coffee
- ___ Mountaineering axe (**Only required if specified by leader for the specific hike**)
- ___ **Tent or Tarp tent: sturdy 3 season or 4 season** (should discuss before purchasing 4 season tent)
- ___ Tyvek or lightweight ground cover if in tarp tents (or bivy bag)

GROUP GEAR: ALL WILL TAKE SOME IN THEIR BAGS: Stove, Fuel, Pots, Utensils, Dinner Food