

AMC Worcester Chapter Winter Hiking Gear List
Track II – Intermediate to Advanced Gear List (AKA “FULL WINTER GEAR”)

Feet

Z * **Boots** – Insulated/Waterproof, double layer, or plastic (ability to insulate to temperature rating of 20-40 degrees below zero)

Liner socks - synthetic (extra pair recommended)

* **Hiking socks** – wool or synthetic – 2 pairs (one to wear and one as back-up)

* **Gaiters** – knee high

Tops (no cotton!)

* **Base layer** – long or short sleeve, synthetic/wicking

* **Mid-layer** – Long or short sleeve, wool or wool/synthetic blend (feel free to bring extra)

* **Outer layer** - lightweight fleece

* **Insulating layer** – down or fiber parker (“puffy jacket” with hood if possible)

* **Shell** – wind/waterproof breathable layer

Bottoms (no cotton!)

* **Base layer** - synthetic or wool (wear or pack based on temps and conditions)

* **Mid-layer** - lightweight fleece or warm synthetic

* **Insulating layer** – down or fiber parker (puffy pants)

* **Shell** - wind/waterproof breathable pants (full side zip highly recommended)

Head and hands

* **2 Hats** – fleece or wool (wear one/pack one)

Neck Gaiter – synthetic or fleece

* **Gloves** – synthetic liners, fleece, and/or wool (No Leather!) (extra pair recommended)

* **Mittens** – wind/ waterproof (extra pair recommended) to slip over liners

* **Balaclava** or face mask

* **Tinted goggles** (think ski goggles) or glacier glasses – full coverage sunglasses at minimum

Additional Gear

Z*	Backpack - big enough to fit all of your gear (use stuff sacks to organize gear)
Z*	Pack cover and pack liner (plastic compactor bag works well)
*	Microspikes -- some kind of non-snowshoe foot traction
Z*	Snowshoes – designed for steep terrain (adjust/try on at home before the hike)
Z*	Crampons (adjust/try on at home before the hike; only required if specified by the leader)
Z*	Trekking poles - (flick-lock style recommended) – snow basket on bottom
*	Water Bottle and Water Bottle Holders – insulated (camelbacks will freeze in the winter)
*	Personal first aid kit and toiletry articles (personal meds)
*	Whistle
*	Headlamp (check batteries before hike)
*	Map of hiking area (remember to leave copy and hiking itinerary at home)
	Emergency kit containing compass, lighter, knife, fire starter & rope, duct tape
	Chapstick and sunscreen (20+SPF)
	Hand Warmers (activate at the beginning of the hike)
	Bivy sack and/or sleeping bag (emergency shelter)
	Cell Foam Pad (to sit on)
Z*	Ice axe (only required if specified by the leader)

“*” Denotes required items

“Z” Denotes items recommended for rental before purchase or borrow from a friend