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: primalofof)

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