

AMC Worcester Chapter Winter Hiking Gear List

Track 1 – Beginner to Intermediate Gear List

Feet

Z * **Boots** - Insulated/waterproof – (insulation and temperature rating to zero degrees or below 0 is important if goal is to continue into higher elevation hikes or the White Mountains)

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** – light-weight 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** -- light weight fleece or warm synthetic

* **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

Sunglasses

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 flat to rolling terrain (adjust/try on at home before the hike)
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)
	Chapstick and sunscreen (20 ₊ SPF)
	Hand Warmers (activate at the beginning of the hike)
	Small Cell Foam Pad (to sit on)

“*” Denotes required items

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