

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

- Z* **Snowshoes** – designed for flat to rolling terrain. (adjust/try on at home before the hike)

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* **Trekking poles** - (flick-lock style recommended) – snow bale on bottom

- * **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)

- Water Bottle and Water Bottle Holders** – insulated (camelbacks will freeze in the winter)-

- 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