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