

AMC Worcester Chapter Winter Hiking Gear List
Track 2 – 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

- Z* **Snowshoes** – designed for steep 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

- * **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)

- * **Stabilizers/microspikes**

- 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)

- 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)

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

- Bivy sack** and/or sleeping bag (emergency shelter)

- * **Crampons** (only required if specified by the leader)

- * **Ice axe** (only required if specified by the leader)

Z **Cell Foam Pad** (to sit on)

“*” Denotes required items

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