

Winter Day-Hiking Equipment Checklist

Use of the following equipment and clothing by each winter hiker is essential to the safety and enjoyment of the trip. Contact the leader(s) if you have questions or wish to make substitutions. Any hiker not properly equipped at the trailhead may be disqualified from the trip by the leader. **The trip leader's decisions on equipment for a given trip will be final.** *All gear should be tested and adjusted prior to the trip.*

Feet

- ♦ **Winter boots with removable liners:** Felt-lined pac boots (e.g., Sorel type), snowshoeing boots, or plastic mountaineering double boots. Absolutely no single-layer boots or open-cell foam insulation allowed.
- ♦ **Socks:** Two pair, wool or synthetic, No cotton! Wicking (e.g. polypro) inner socks recommended—some also use vapor barriers or neoprene socks. If you wear double socks, bring two complete sets.
- ♦ **Gaiters:** knee high, required. Supergaiters are an option.
- ♦ **Snowshoes:** metal frame or narrow bearpaw style (no Alaskans), with snowshoe crampons attached. Claw style crampons are preferred.
- ♦ **Instep or full crampons:** Ask your leader what specifically is required on this trip. Instep crampons will not substitute for full. Full crampons are more versatile.

Head and Hands

- ♦ **Two hats:** Wool or synthetic – plus either a scarf, neck gaiter, or balaclava.
- ♦ **Gloves / Mittens:** Two pair, wool or synthetic, one light pair of gloves and one warm pair of mittens recommended. Downhill ski gloves and mittens (down or synthetic) are often too warm to hike in. No leather!
- ♦ **Sunglasses** or tinted **ski goggles** required, both is better

Body

- ♦ **Underwear:** Shirt and bottoms (inner layer). A wicking synthetic (polypro, Capilene, Thermax, etc.) strongly recommended: wool, silk, Spandex, Lycra, or other synthetic OK. No cotton!
- ♦ **Light Upper Body Insulating Layer:** At least one lightweight insulating layer for hiking: wool or synthetic shirt, light pile jacket, or lightweight wool or synthetic sweater. **Pants** Lightweight tight-weave wool (non-fuzzy sort) or breathable nylon or Gore-Tex over long underwear. Side zips for ventilation recommended. No jeans or sweatpants.
- ♦ **Extra Insulating Layers:** Bring enough extra layers in your pack to keep you warm if standing around in the cold for an extended period: thick pile and/or wool jacket, sweater, vest, and down or synthetic parka. Also bring extra lower body layer (pile, wool, down, or synthetic pants, or expedition weight synthetic long johns.)
- ♦ **Rain/Wind Gear:** (outer shell layer), either:
 - ♦ *Low-Tech Option:* Conventional breathable, nylon wind jacket with hood and pants, and also coated nylon waterproof rain jacket with hood and pants
 - ♦ *High-tech Option:* Gore-Tex or similar waterproof/breathable jacket (with hood) and pants.

Food and Water

- ♦ **Water:** At least two quarts/liters in wide-mouth, leak-proof, shatterproof bottles (to prevent lid freezing shut). Insulate bottles in foam or sock and store upside down.
- ♦ **Lunch/Munchies:** High-calorie quick-burn energy food: dried fruit, candy, bagels, bread, preserved meats or cheese (diced in advance), fruitcake, small sandwiches nuts, cookies. No cans - No food which freezes. There is no extended lunch stop – prepare to munch along the way. Always bring extra.

Other Gear

- ♦ **Mountaineering shovel** for each party, do not substitute a flimsy shovel. One per four people.
- ♦ **Ski Pole(s):** Recommended. Bring point protectors for ice axes.
- ♦ **Backpack:** Large enough to contain all your gear. Straps/Cords to attach snowshoes, crampons, ice ax, etc. to your pack. Bring extras.
- ♦ **Toilet paper, in plastic bag**
- ♦ **Headlamp (or flashlight):** Either use lithium batteries or keep alkaline batteries warm. Always bring extra batteries and bulb. Headlamps are strongly recommended and may be required.
- ♦ **Pocket knife:** small lock blade or multi-tool

Above Treeline Gear (required on some trips)

- ♦ **Full Boot Crampons:** 8-14 point (*creepers or instep crampons are not a substitute*) with point protectors. Fit to your boots beforehand.
- ♦ **Ice Ax:** Note that the proper length for self-arrest is fairly short, 65 to 75 cm, but longer than a technical ice climbing ax.
- ♦ **Facemask and Ski Goggles** for wind protection are required. A **tunnel hood** is an option.
- ♦ **Wind pants:** Breathable nylon or Gore-Tex. Side zips strongly recommended.
- ♦ **Mitten wind shells:** Required.

Highly Recommended Gear

- ♦ **Repair kit** for snowshoes, crampons, pack, skis. Might include nuts & bolts, wire, clevis pins, duct tape, Swiss Army knife, pliers, screwdriver, etc. See list later in this chapter.
- ♦ **Personal first aid kit:** Know what to do with it. See list later in this chapter.
- ♦ **Emergency kit:** 50 feet of strong nylon cord, Mylar tarp, matches in waterproof container, etc.
- ♦ **Trail map and compass:** Know how to use them
- ♦ **Sunscreen, skin moisturizer, chap stick**
- ♦ **Sun hat with brim**
- ♦ **Thermos bottle with hot drink:** Avoid caffeine.
- ♦ **Spare glasses**
- ♦ **Insulated sitting pad:** a piece of foam sleeping pad about 20" x 20"; insulation for sitting, also good for emergencies
- ♦ **Bivvy bag and space blanket:** the basics of a personal shelter