

Winter Day Hiking Checklist

Hiking Gear

- Daypack
- Headlamp
- Microspikes

Optional:

- Trekking poles
- Snowshoes

Clothing & Footwear

- Moisture-wicking underwear
- Wool/synthetic base layers (top and bottom)
- Lightweight fleece
- Down jacket and/or vest
- Quick-drying and insulated pants or fleece pants (NEVER jeans)
- Rainwear (jacket and pants)
- Insulated and waterproof boots
- Synthetic or wool socks
- Warm hat
- Gloves or mittens
- Extra clothes (socks, fleece pants, baselayers)

Optional:

- Wool or synthetic neck gaiter
- Gaiters

Food & Water

- At least 2 quarts of water
- Trail snacks
- Lunch
- Extra day's supply of food
- Water filter/purifier or chemical treatment

Optional:

- Reservoir/water baby
- Hot beverage

Emergency Items

- First-aid kit
- Emergency blanket
- Lighter/matches and fires starter
- Whistle
- Emergency shelter
- Sleeping pad or sit pad
- Hand/foot warmers

Optional:

- Small stove and fuel
- Campfire mug

Navigation

- Map & Compass
- Optional:*
- GPS
 - Altimeter watch
 - Satellite messenger and/or personal beacon

Tools & Repairs

- Knife or multi-tool

Optional:

- Small gear-repair kit
- Paracord

Health & Hygiene

- Hand sanitizer
- Sunscreen
- Sunglasses
- Packable towel
- SPF lip balm
- An extra day or two's worth of prescription meds (if needed)
- Hand trowel

Optional:

- Toiletries

Personal Items

- ID
- Cellphone
- Credit card and/or cash

Optional:

- Notebook and pen/pencil

Other

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