

## Winter Snow Backpacking Check List

*The following check list is only a guide.. Use this checklist as a starting point. The key to keeping warm in snow is to dress in layers Do not bring any clothing made of cotton!!.*

Travel Gear (depending on your trip)

- Snowshoes, skies
- Ski Poles or Hiking poles
- Gaiters
- Backpack or sled

Snow tools (bring them if you have them)

- Snow shovel
- Snow Saw

What to wear

- Thermal underwear top (mid weight synthetic fabric)
- Thermal underwear bottom
- Underwear.
- Whistle on a string (around neck)
- Appropriate Footwear. They should provide ankle support, have a sturdy sole (relative to your load and terrain), and must be waterproof for safe winter travel. If you are using leather Hiking boots apply snow seal to them to make waterproof
- Socks – Not cotton. Wool, synthetics, or a blend is best.
- Liner socks (Wal-Mart Polyester dress socks are fine)
- Warm jacket
- Brimmed hat (for sun protection)
- Rainwear pants. Full zip pants will help you properly ventilate and avoid getting too wet from perspiration, Or a Rain Poncho. Rain Gear is **essential!!!**
- Watch

Insulation (not made of cotton). Anything made of wool, down, pile, polypropylene, etc.

- Warm hat, make sure its not cotton!
- Neck warmer or balaclava
- Winter mitten system; shell, insulative layer, liner
- Extra gloves or mittens (Wool/ polyester/ thinsolite)
- Rainwear jacket with hood or pancho

Clothing (depending on length of trip)

- Extra Underwear
- Extra Thermal underwear top (mid weight synthetic fabric)
- Extra Thermal underwear bottom
- Warm Pants (pile, wool, etc). (Ski Pants work to)
- Warm vest or sweater
- Gallon size plastic storage bags (4)
- Extra socks
- Extra liner sock

Optional Clothing: (depending on season, location, and activity)

- Camp Booties: e.g.: down or synthetic booties, etc.
- Face Mask
- Additional Warm Layer (e.g.: down jacket)

Toiletries:

- Toothbrush
- Toothpaste - The sample sizes of toothpaste are compact and lightweight.
- Personal hygiene items

- Hand soap (purell travel size)
- Chap stick
- Sunscreen (30+ SPF)
- Hand/body cream or lotion
- Toilet paper
- Sunglasses

#### Sleeping

- Sleeping Bag - synthetic or Down fill rated to 0 degrees F
  - If your bag is rated higher bring an extra bag and place one bag inside of the other.
  - You can also bring extra thermals to sleep in or a sleeping bag liner.
- 1 closed cell foam sleeping pad (3/8 in.) or inflatable mattress. Pads provide insulation from the ground and padding for more comfortable sleeping.

#### Eating

- Eating bowl
- Cup
- Fork

#### Other

- Pocketknife
- Two Quart water bottles (Used Bottled water bottles are fine)
- Personal First Aid Kit
  - Clean wipes
  - Antiseptic
  - Moleskin
- Matches
- Fire Starters or birthday candles
- 50 feet of 1/8 in Nylon Cord
- Compass
- Emergency blanket or tarp
- 3 large garbage bags 3 Extra Plastic Zip Bags
- Flash light with Extra Batteries
- Camera with film (Optional)