

WINTER HIKING CHECKLIST

PLAN AHEAD AND PREPARE FOR YOUR NEXT SNOWY ADVENTURE!



SNOW ESSENTIALS

- ☐ **Traction:** Snowshoes, microspikes and/or crampons, poles
- ☐ **Insulation:** warm, wicking layers, hand warmers



THE 10 ESSENTIALS

- ☐ **Navigation:** paper map and compass
- ☐ **Illumination:** headlamp with extra batteries
- ☐ **Sun and Wind Protection:** sunscreen, goggles/sun glasses, neck warmer/buff
- ☐ **First Aid Kit:** supplies for minor injuries, extra hand warmers, electrolytes, etc.
- ☐ **Fire:** waterproof matches, lighter, or flint & steel; optional camp stove
- ☐ **Repair Kit:** repair tape, duct tape, pocket knife, paracord
- ☐ **Shelter:** emergency bivy, emergency blankets, or tarp
- ☐ **Food:** extra high calorie snacks
- ☐ **Water:** extra water in an insulated container
- ☐ **Insulation:** extra layers (see more details)

CLOTHING

FEET

- ☐ Insulated boots
- ☐ Warm (wool) socks
- ☐ Gaiters

TOPS

- ☐ Base layer
- ☐ Insulated layer
- ☐ Mid layer
- ☐ Shell

BOTTOMS

- ☐ Base layer
- ☐ Mid layer
- ☐ Shell layer

HEAD AND HANDS

- ☐ Winter hat
- ☐ Neck gaiter/buff
- ☐ Gloves/Mittens



THINGS TO CONSIDER

- ☐ Share ETA/planned route with someone
- ☐ Check weather and sunset time
- ☐ Check seasonal roads and trail conditions
- ☐ Pack a snow brush and shovel in car with extra blanket

