

Winter Hiking Checklist

Clothing and Footwear

- Synthetic/wool base layer
- Wool socks + extra for pack
- Fleece pullover
- Puffy down jacket
- Water-resistant shell
- Water-resistant pants
- Hat, gloves, balaclava
- Waterproof hiking boots
- Microspikes
- Hiking poles
- Hand warmers
- Headlamp
- Extra dry shirt for sweating

Safety & First Aid

- First aid kit
- Sunscreen
- Emergency blanket or bivy sack
- Multi-tool
- Fire starter
- Whistle

Food and Water

- 2 liters of water in insulated sleeve
- Water purification tablets or filter
- Carbs/protein/healthy fats + electrolytes
- Extra food for emergencies

Navigation

- Paper map & compass
- Downloaded GPS map
- Screenshot of driving directions
- Notify someone of hiking plans

Miscellaneous

- Dog bags for trash
- Battery pack for phone
- Thermos of coffee

