

Winter Backpacking Checklist

Ten Essential Systems – some items covered elsewhere

Navigation

- Map of area in sufficient detail
- Compass

Sun Protection

- Sunglasses & Goggles (pack two pairs of goggles if going above treeline)
- Sun screen & Lip balm/screen

Insulation – covered below

Illumination

- Two headlamps/flashlights – lithium batteries perform well in cold (pack spare batteries)

First Aid Supplies

- Wound control, blister kit, pain & personal meds (minimally)

Fire

- Matches and/or lighter, fire starter, stove (see below)

Hydration

- 1-2 liters of water, capacity to purify more

- Repair kit and Tools, including knife**

Nutrition – covered below

Emergency Shelter – covered below

Note: *if you are planning to travel any distance without full pack, consider how you will manage retaining these items. Some modern packs allow you to use the top pocket as a lumbar (hip) pack. Most packs now have a whistle intrinsic to its construction as well.*

Clothing (Worn)

Winter clothing consists of three components: base layer, insulating layer, windproof/waterproof layer

- Lightweight/medium weight wicking top and bottom
- Additional medium weight or heavy weight insulating top
- Water & windproof pants & jacket
- 1-2 pairs of gloves/mittens (lighter weight liner and waterproof outer (outer may not be necessary)
- Heavyweight wool or synthetic socks
- High snow gaiters
- Wool or synthetic hat
- Winter climbing boots (should be able to use crampons & snowshoes, rated to at least -20°F)

Wear as Necessary (carry if not)

- Balaclava (neoprene recommended) – separate/independent face mask may be used

Goggles

You need to ensure that you can cover every inch of your body, including face

Extra Clothes (packed)

- One additional lightweight/medium weight wicking top and bottom
- One additional pair of heavyweight wool or synthetic socks
- One additional set (lightweight liner/waterproof shell) of gloves/mittens
- Overall insulated layer ('puffy jacket')
- In-camp warm shoes/slippers (optional)

Shelter & Bedding

- Winter tent or shelter
- Sleeping Bag (should be -20°F or colder)
- Sleeping pad (one foam and one inflated recommended)

Cooking & Food

- Liquid Fuel Stove
- Pot, Cup, Bowl, Spoon
- Food – include enough for at least one extra day, carry some snacks in pockets or easy-to-reach location

Toiletries

- Towel, toothbrush, TP, etc.

Winter Travel

- Snowshoes
- Crampons
- Ice axe (mountaineering, not ice climbing tool)
- Trekking poles (optional)
- Microspikes (optional) / light traction

Optional Items

- Camera
- GPS / SPOT / PLB
- Hand / foot warmers

Notes: (use this area for custom/specific items – or create your own list)