**INSULATED WINTER BOOTS**
Warm boots with a good tread are essential to help prevent slipping even on dry ground, but especially on wet or icy surfaces.

**ICE CLEATS/MICROSPIKES**
There are patches of ice on nearly every trail. Bring ice cleats microspikes for your boots.

**WATERPROOF OUTER LAYER**
Non-cotton Layers allow for adjustments as your body heats up or cools down with changes in activity. A wind-proof, waterproof outer layer is essential.

**SNOW PANTS/GAITERS**
Hiking pants or thick leggings are great for a mild winter day’s exploration, but you’ll need thermal clothing especially if you want to play in the white stuff. Gaiters help keep snow from getting into boots.

**WARM HAT, SCARF, GLOVES OR MITTENS**
A good thick hat will help keep the winter wind out of your ears and help keep in your body heat. Warm gloves are essential too.

**REFILLABLE WATER BOTTLE**
Drink plenty of water to stay hydrated. Keep water deep inside your pack to prevent freezing. Hydration system water lines left exposed can freeze up.

**NUTRITIOUS SNACKS**
You’ll be surprised how many calories you can burn doing winter activities. You need fuel to help keep up your energy.

**SUN PROTECTION**
Sun screen, lip balm, brimmed hats, sunglasses or goggles help with intense reflections off the snow and water. You can get a sunburn even on a cloudy day and especially with sunlight reflecting off snow.

**WATERPROOF OUTER LAYER**
Non-cotton Layers allow for adjustments as your body heats up or cools down with changes in activity. A wind-proof, waterproof outer layer is essential.

**HIKING/SKI POLES**
These help maintain traction and balance. Snow baskets attached at the bottom help prevent the poles from sticking too deep into the snow.

**SURVIVAL ITEMS**
The list includes a headlamp, extra batteries, matches or lighter, space blanket or bivvy sack, small first aid kit, twine, duct tape, and a pocket knife. Consider carrying a small insulated pad for sitting to insulate you from the ground.

http://www.friendsofacadia.org/winter-use-guide/winter-outing-packing-list/