

WINTER OUTING PACKING LIST



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.



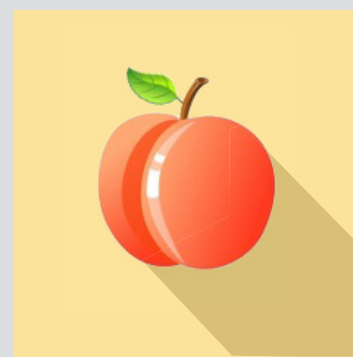
REFILLABLE WATER BOTTLE

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.



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.



NUTRITIOUS SNACKS

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



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.



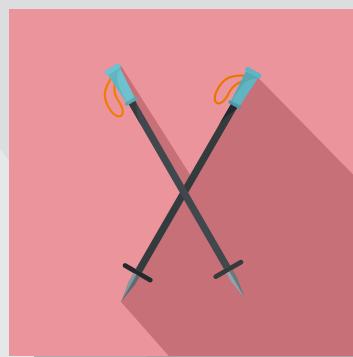
SUN PROTECTION

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.



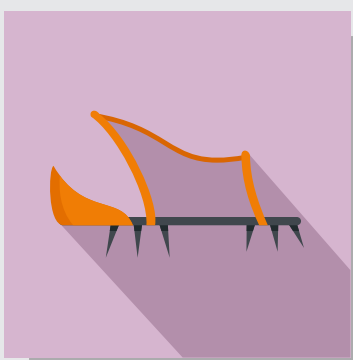
SNOW PANTS/GAITERS

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.



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.



ICE CLEATS/MICROSPIKES

There are patches of ice on nearly every trail. Bring ice cleats microspikes for your boots.



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.

