

Packing List for an Overnight Winter Hike

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Clothing

- Non-cotton base layers
- Non-cotton insulating layers
- Weatherproof outer layer
- Hat, gloves and face protection
- Sunglasses
- Extra layers to sleep in (including extra socks)
- Optional: Extra-warm hat for sleeping

Footwear

- Appropriate winter boots
- Extra socks
- Ice grippers/micro spikes (if there's any chance of ice)
- Optional: Gaiters
- Optional: Snowshoes
- Optional: Down booties for use in camp

Winter Shelter

- Tent
- Sleeping bag or heavyweight camp quilt
- Insulated sleeping pad
- Optional: Shovel for digging out a sleeping platform (depends on snow coverage)
- Optional: Packable camp chair or "seating pad"

Meals and Snacks

- Breakfast, lunch and dinner for each day on the trail, plus snacks in between. I usually aim for about 2 pounds of food/day; you'll eat more in the cold and on extended/intense outings
- Adequate water (don't count on melting snow unless you've done it before)
- Water filtering/purification device (if you'll be near running water)
- Camp stove and fuel (if your stove is field-repairable, carry the appropriate parts)
- Pot for boiling water
- Cooking/eating dishes
- Eating utensil
- Cup or thermos for hot drinks

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Sanitary Supplies

- Emergency toilet paper and zip-close freezer bags
- Poop disposal system (pack it out!)
- Hand sanitizer
- Optional: Wet wipes
- Optional for ladies: A urine director like the Freshette, Shewee, etc.

Other Key Essentials

- Sun protection/face coverage
- Navigation device (map/compass, GPS)
- Headlamp and extra batteries
- Fully charged cell phone
- First aid supplies
- Emergency kit
- You filed a trip plan, right?
- Avalanche gear (shovel, probe, beacon) if you'll pass in or near avalanche terrain

Optional Supplies

- Hiking poles
- Reading material
- Camera in a zip-close plastic bag or dry bag
- Tripod or monopod for night photography
- "Battery bank" for recharging electronics
- Camp lantern

Your Additions

- _____
- _____
- _____
- _____
- _____