



WINTER ADVENTURE CHECKLIST

UNDER LAYERS

(FROM HEAD TO TOE...)

- Thin Synthetic Hat, or Balaclava
- Moisture-Wicking Long Underwear Top & Bottom. Polypro synthetic or wool—light, medium, or heavy-weight depending on activity or personal reaction to cold temps!
- Liner Gloves (thin polypro, silk, or wool)
- Liner Socks (thin polypro, silk, or wool)

INNER LAYERS

- Light or Medium-Weight Fleece Top (pullover w/ zip-neck)
- Fleece or Insulated Vest
- Light/Medium Weight Softshell
- Wind Shirt (light nylon)
- Light Fleece Pants (not too bulky)
- Medium – Heavy Weight Wool or Synthetic-blend Socks (fit well with boots on your feet, not too snug)

OUTER LAYERS

- Wool or Fleece Hat (warm!)
- Neck Gaitor
- Neoprene Face Mask
- Waterproof Gloves (insulated or shell)
- Waterproof/Breathable Jacket w/ Hood (Gore-Tex or equivalent)
- Waterproof/Breathable Pants (zippers along sides increase versatility, suspenders or bibs increase coverage)
- Gaitors (nice for xc-skiing/snowshoeing)

FOOD & WATER

- Camelback w/ insulation
- Thermos (1.5-2 liter)
- Snacks/Lunch (fats & sugars/protein & carbs)
- Emergency Snacks (Gu, Nuun, etc.)

MISCELLANEOUS

- Goggles (amber lens is most versatile)
- Sunglasses w/ Strap
- Snowsport-specific backpack
- Sunscreen
- Lip Balm
- Hand/Foot Warmers
- Anti-Fog Cloth
- Ski/Snowboard speed-wax
- Bandana
- Nature Guidebooks

AVALANCHE GEAR

- Avalanche Transceiver
- Probe
- Collapsible Shovel
- Snowsaw

BACKCOUNTRY SAFETY

- Map
- Compass
- GPS or "Spot" (optional)
- Whistle
- Waterproof lighter/matches
- Knife (or multi-tool)
- Watch
- Headlamp & Batteries
- First Aid Kit (w/ Blister Kit)
- Emergency "Space" Blanket
- Repair Kit (buckles, straps, cord, wire, tape, Seam-Grip, zipper parts, etc.)
- Identification

SNOWSHOE SPECIFIC

- Snowshoes (~15" for kids; ~20-30" for 100-150lbs; ~25-45" > 150lbs—smaller size for groomed trails/packed snow, bigger size for off-trail/powder snow)
- Gore-Tex/Insulated Hiking Boots
- Gaitors (a must)
- Telescoping/Adjustable Poles