

## Winter Backcountry Gear Checklist

This list should be adjusted depending on length and duration of your trip; however, you should be prepared for sudden changes in weather, emergencies and the possibility of having to spend the night out in extreme conditions.

- Skis or Snowshoes and Poles (probe type recommended)
- Boots (appropriate for type of flotation used)
- Ski wax and/or climbing skins
- Avalanche beacon or cord
- Shovel (aluminum recommended)
- Long underwear top and bottom
- Socks synthetic or wool with extras
- Synthetic or wool pants
- Synthetic top or wool shirt
- Vest
- Weatherproof pants and jacket with hood
- Mittens and or gloves
- Hat (wool or synthetic type balaclava)
- Gaiters
- Goggles and/or sunglasses
- Sunscreen cream and lip balm
- Pack (internal frame recommended)
- Knife or multi purpose tool
- Matches in a waterproof case, candle and fire starter
- Topographic maps of area, Compass and Altimeter
- Thermometer
- Whistle
- Notebook and pencil
- Food (2 days recommended), Stove and extra fuel and cooking/eating utensils
- First aid kit including medications and SAM splint
- Flashlight or headlamp
- Toilet paper and plastic bags to pack it out
- Water bottle with cover to protect from freezing
- Waterproof ground cloth or space blanket
- Plastic bags (for trash and protection from moisture)
- Emergency repair kit:
- Screwdriver, pliers, tape (filament type for strength), tool to drill holes, assorted screws, spare parts (e.g. cables, ski baskets, ski tips etc), 30 feet of nylon cord, wire.
- Sleeping bag, synthetic and foam pad, closed cell
- Bivy sack

**Remember:** Dress in layers, protect yourself from the elements of wind, precipitation, temperature and sun. Synthetic or wool materials are preferred for warmth. Goretex and nylon materials are available for wind/snow protection. Let someone know where you are going and when you will be back. It is recommended not to travel alone in the backcountry.