

PARTICIPANT PACKING LIST

Winter Day Trip

Clothing

Feet

- 2 pair synthetic or wool socks
- 1 pair synthetic sock liners

Hands

- 1 to 2 pair heavy weight ski gloves/mittens
- 1 pair of midweight gloves
- 1 pair light weight gloves

Head

- 1 heavy weight winter hat
- 1 light weight winter hat
- 1 to 2 lightweight neck wraps / "buffs"
- Hat w/ visor
- Ski goggles (if wind / snow is a concern)

Legs

- 1 pair wool or synthetic thermal leggings
- 1 pair heavy fleece, wool, down, or synthetic insulated tights / pants
- Waterproof, non-insulated shell pants

Torso

- 1 synthetic or wool base layer shirt
- 1 mid-weight layer (wool or fleece)
- 1 thick insulated jacket w/ hood (preferably goose down or Primaloft)
- 1 waterproof/breathable, non-insulated shell jacket
- 1 extra layer (wind breaker, fleece shirt / vest, wool sweater)

Other Clothing

- Comfortable casual clothes for trip to / from trail head depending on distance

Packing & Transport

- 1 backpack suitable for day tours (2400 to 4800 cu in), all personal items must fit inside pack

Snow Travel Equipment

- For Snowshoeing:* Winter boots w/ removable liners
- For Skiing:* Alpine touring, Telemark, or XC backcountry touring boots
- For Skiing:* AT, Telemark, or metal edged backcountry touring skis with touring-compatible bindings
- For Skiing:* Climbing skins or kick wax
- For Either:* Adjustable-length poles with powder baskets

Safety Equipment*

**If Traveling in avalanche terrain*

- Avalanche Beacon w/ fresh batteries
- Probe
- Packable Shovel
- Ski Helmet (if skiing downhill)

Hygiene

- Personal medication in waterproof container (please notify trip leaders about nature and location of medication)

Other

- 2 one-liter wide-mouth water bottles
- Insulated water bottle sleeves (wools socks or closed-cell foam work)
- Sunglasses w/ strap
- Headlamp w/ extra batteries
- Sunscreen & lip balm
- Notebook & writing utensils (non-freezing)
- Closed-cell foam "shorty" pad

