

# WINTER BACKPACKING GEAR LIST

## HIKE

- Backpack
- Backpack cover (if necessary)
- Trekking poles
- Powder baskets (if needed)

## SLEEP

- Tent + Footprint
- Sleeping bag
- Sleeping bag liner
- Sleeping pad (s)
- Pillow

## KITCHEN

- Stove + pot
- Fuel (+ extra)
- Mug
- Spork
- Bear canister (if needed)

## WATER

- Water filter
- Dirty water bag
- Water bottles

## ELECTRONICS

- Headlamp
- GPS device
- Portable charger + cords

## MISCELLANEOUS

- Microspikes, crampons, and/or snowshoes (if needed)
- Goggles (if needed)
- Gaiters (if needed)
- Multi-tool and/or knife
- Duct tape
- Water-proof matches
- Pee rag
- Trowel (+ toilet paper)
- Seat pad
- Sunglasses
- Hand warmers

## CLOTHING

- Hiking shoes
- Camp booties
- Down jacket
- Rain jacket
- Rain or snow pants
- Base layer top
- Mid layer fleece
- Base layer bottoms
- Sleep clothes (long sleeve and pants)
- Sports bra
- 1 pairs of socks
- 1 pair of thick sleep socks
- Underwear
- Beanie
- Insulated mittens + liners
- Sun hat
- Buff

## TOILETRIES/FIRST AID

- Toothbrush, toothpaste, floss
- Wipes (body and/or face)
- Mini hairbrush + hair ties
- Sunscreen
- Bug spray
- Mini deodorant
- Chapstick (with SPF)
- Hand sanitizer
- First aid kit & medications
- Leukotape

## FOOD

- Meals + snacks
- Electrolytes
- Hot chocolate or other warm drinks
- Ziploc bag for trash

## PERSONAL

- Permit, itinerary, ID, cash, card

**HAVE FUN, STAY SAFE, & FOLLOW THE  
LEAVE NO TRACE GUIDELINES!**