



Backcountry Skiing/Snowboarding Checklist

Note: This list is intentionally extensive; not every person will use every item on every outing. List is for day use. **For multiday trips**, add gear from our [Backpacking](#) or [Winter Camping](#) lists.

Gear choices (see our [Mountaineering checklist](#) for other gear options)

- Skis, snowboard or splitboard
- Boots
- Poles
- Goggles
- Helmet
- Climbing skins
- Ski wax, skin wax, waxing tools
- Crampons/ski crampons
- Pack
- Avalanche transceiver
- Snow shovel
- Probe
- Slope meter and snowpit analysis kit
- Avalung or avalung pack
- Multifunction watch (with altimeter)
- Whistle/signaling mirror
- Ice axe
- Route description or guidebook

The Ten Essentials (for safety, survival and basic comfort)

1. Navigation

- Map (with protective case)
- Compass
- GPS (optional)

2. Sun protection

- Sunscreen and lip balm
- Sunglasses

3. Insulation

- Jacket, vest, pants, gloves, hat (see Clothing)

4. Illumination

- Headlamp or flashlight
- Extra batteries (kept near body when cold)

5. First-aid supplies

- First-aid kit (see our [First-aid checklist](#))

6. Fire

- Matches or lighter
- Waterproof container
- Fire starter (for emergency survival fire)

7. Repair kit and tools

- Knife or multi-tool
- Duct tape strips; repair items as needed

8. Nutrition

- Extra day's supply of food

9. Hydration

- Water bottles or hydration system (insulated)
- Water filter or other treatment system

10. Emergency shelter

- Tent, tarp, bivy or reflective blanket

Clothing options (base choices on possible weather extremes)

- Wicking base layers (synthetic or wool)
- Fleece jacket or vest (insulating mid layer)
- Fleece pants (for cold days)
- Insulating jacket (down or poly-fill; worn at stops)
- Jacket (waterproof/breathable or soft shell)
- Pants or bibs (Waterproof/breathable or soft shell)
- Insulating hat, cap, balaclava or headband
- Bandana or Buff (neck or face gaiter)
- Sun-shielding cap or hat for bright days
- Gloves, mittens and/or overmittens
- Light gloves (for high-energy activity)
- Socks (synthetic or wool) plus spares
- Liner socks
- Gaiters

Personal items

- Toilet paper
- Sanitation trowel and/or WAGbags
- Hand sanitizer
- Quick-dry towel

Other options

- Lunch
- Energy food (bars, gels, chews, trail mix)
- Energy beverages or drink mixes
- Vacuum bottle (for hot drinks)
- Insulated sitting pad
- Handwarmer/footwarmer packets
- Camera
- Binoculars
- Permits/passes
- _____
- Two-way radios
- Personal locator beacon
- Cell or satellite phone
- Credit card/cash/photo ID
- Notebook and pen or pencil
- Music player with headphones
- Post-activity snacks, water and beverages
- Towel and post-activity change of clothing
- Trip itinerary left w/friend + under car seat
- _____