



Cross-country Skiing Checklist (Day Touring)

Note: This list is intentionally extensive; not every skier will carry every item on every outing.
Expect to carry less when skiing on groomed trails, more for longer tours on un-groomed terrain.

Basic gear

- Skis
- Boots
- Poles
- Pack
- Glide wax for skis (if needed)
- Multifunction watch (with altimeter)
- Whistle/signaling mirror
- Trail pass

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

- 1. Navigation**
 - Trail or topo map (plus any route description)
 - Compass
 - GPS (optional)
- 2. Sun protection**
 - Sunscreen and lip balm
 - Sunglasses or goggles (w/antifog cloth/spray)
- 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 for matches
 - 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**
 - Reflective blanket or bivy sack

Clothing options (again, this list is intentionally extensive; base choices on possible weather extremes)

- Wicking base layers (wool or synthetic)
- Insulating mid layer: Fleece jacket or vest
- Waterproof/breathable jacket (or soft shell)
- Insulating jacket (down or poly-fill; worn at stops)
- Waterproof/breathable pants or bibs (or soft shell)
- Fleece pants (for cold days)
- Insulating hat, cap, balaclava or headband
- Neck or face gaiter (bandana or similar)
- Socks (synthetic or wool) plus spares
- Liner socks
- Gaiters
- Gloves, mittens and/or over-mittens
- Light gloves (for vigorous activity or mild days)
- Sun-shielding cap or hat (for sunny days)
- Lightweight nylon pants (for sunny days)
- Lightweight long-sleeve shirt (for sunny days)

Personal items

- Tissue/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
- Parking permit, if needed
- _____
- Credit card/cash/photo ID
- Cell or satellite phone
- Two-way radios
- Personal locator beacon
- Notebook and pen or pencil
- Music player with headphones
- Stove, fuel, pot and lid (for melting snow)
- Climbing skins, if needed
- Trip itinerary left w/friend + under car seat
- _____

If touring in avalanche-prone areas (also see our [Mountaineering checklist](#) for other gear options)

- Avalanche transceiver
- Snow shovel
- Probe
- Slope meter and snow-pit analysis kit