



## 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 ungroomed terrain.

### Basic gear

- Skis
- Boots
- Poles
- Daypack
- Glide wax for skis (if needed)
- Multifunction watch (with altimeter)
- Whistle/signaling mirror
- Trail pass and/or parking permits

### 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 overmittens
- 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)
- Stove, fuel, pot and lid (for melting snow)
- Insulated sitting pad
- Handwarmer/footwarmer packets
- Camera
- Binoculars
- \_\_\_\_\_
- Credit card/cash/photo ID
- Cell or satellite phone
- Two-way radios
- Personal locator beacon
- Notebook and pen or pencil
- Music player with headphones
- Climbing skins, if needed
- Post-trip snacks, change of clothing, towel
- Trip itinerary left w/friend + under car seat
- \_\_\_\_\_

### If touring off maintained or patrolled routes (also see our [Mountaineering checklist](#) for other gear options)

- Avalanche transceiver
- Snow shovel
- Probe
- Slope meter and snowpit analysis kit