



## Snowshoe Day Hiking Checklist

**Note:** This list is intentionally extensive; not every person will bring every item on every outing.

**Gear choices** (see our [Mountaineering](#) or [Winter Camping](#) checklists for other options)

- |  |   |
|--|---|
| <input type="checkbox"/> Snowshoes   | <input type="checkbox"/> Avalanche transceiver                |
| <input type="checkbox"/> Boots   | <input type="checkbox"/> Snow shovel                          |
| <input type="checkbox"/> Snowshoe poles (or trekking poles w/snow baskets) | <input type="checkbox"/> Probe                                |
| <input type="checkbox"/> Pack  | <input type="checkbox"/> Slope meter and snowpit analysis kit |
| <input type="checkbox"/> Multifunction watch (with altimeter)              | <input type="checkbox"/> Route description or guidebook       |
| <input type="checkbox"/> Ice axe   | <input type="checkbox"/> Whistle/signaling mirror             |

### Snowshoe repair items

- |   |   |
|---|---|
| <input type="checkbox"/> Duct tape (small roll) | <input type="checkbox"/> Nylon fasteners (tie wraps)          |
| <input type="checkbox"/> Pliers                 | <input type="checkbox"/> Wire, cord or prepackaged repair kit |

**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
- Repair items noted in section above

#### 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, bivvy or reflective blanket

**Clothing options** (this section is intentionally extensive; base choices on possible weather extremes)

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

### Personal items

- |   |  |
|---|--|
| <input type="checkbox"/> Toilet paper                     | <input type="checkbox"/> Hand sanitizer  |
| <input type="checkbox"/> Sanitation trowel and/or WAGbags | <input type="checkbox"/> Quick-dry towel |

### Other options

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