# 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 X-C 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
- [ ] 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
- [ ] 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

## Avalanche Safety (for Off-Trail Touring) (see our Mountaineering Checklist for additional gear options)
- [ ] Avalanche transceiver
- [ ] Probe
- [ ] Snow shovel
- [ ] Avalung or avalanche air-bag pack
- [ ] Slope meter and snowpit analysis kit

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