



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)

- | | |
|--|--|
| <input type="checkbox"/> Skis, snowboard or splitboard | <input type="checkbox"/> Avalanche transceiver |
| <input type="checkbox"/> Boots | <input type="checkbox"/> Snow shovel |
| <input type="checkbox"/> Poles | <input type="checkbox"/> Probe |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Slope meter and snowpit analysis kit |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Avalung or avalanche airbag survival pack |
| <input type="checkbox"/> Climbing skins | <input type="checkbox"/> Multifunction watch (with altimeter) |
| <input type="checkbox"/> Ski wax, skin wax, waxing tools | <input type="checkbox"/> Whistle/signaling mirror |
| <input type="checkbox"/> Crampons/ski crampons | <input type="checkbox"/> Ice axe/Whippet self-arresting pole |
| <input type="checkbox"/> Pack | <input type="checkbox"/> 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

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

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/passess | <input type="checkbox"/> Trip itinerary left with friend + under car seat |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |