# Cross-Country Skiing Checklist

## Skiing Gear
- Skis with bindings
- Ski boots
- Ski poles
- Daypack, waist pack or ski pack

## Clothing
- Moisture-wicking base layer top and bottom
- Cross-country ski jacket or fleece or soft-shell jacket
- Cross-country ski pants or fleece pants or soft-shell pants
- Socks (*synthetic or wool*)
- Gloves or mittens
- Warm hat

## Food & Water
- Water bottle(s) or reservoir *
- Trail snacks
- Lunch (*for daylong trips*)
- Extra food *
- Thermos filled with warm soup or beverage (*optional*)

## Tools
- Knife or multi-tool *
- Headlamp *
- Repair supplies * (*a few strips of duct tape can come in handy*)
- Glide wax (optional)

## Navigation
- Compass (*a good idea*)
- Topo map (*a good idea*)
- GPS (optional)

## Emergency
- First-aid kit or first-aid supplies *
- Whistle
- Lighter/matches * (*in waterproof container*)
- Fire starter * (*for emergency survival fire*)
- Emergency shelter *
- Two itineraries: 1 left with friend + 1 under car seat
- Satellite messenger or personal locator beacon (optional)

## Health & Hygiene
- Hand sanitizer
- Menstrual products (*if needed*)
- Sanitation trowel
- Toilet paper/wipes and sealable bag (*to pack it out*)
- Prescription meds (*if needed*)

**Sun protection:**
- Sunglasses (*) (*retainer leash*)
- Sunscreen *
- SPF-rated lip balm *
- Sun hat *

## Extras
- Credit card and/or cash
- ID
- Trail pass
- Cellphone (*+ portable charger*)
- Watch

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*These items are part of the Ten Essentials systems.*