



SNOWSHOEING CHECKLIST



SNOWSHOEING GEAR

- Snowshoes
- Boots (*warm and waterproof*)
- Snowshoe poles or trekking poles (*with snow baskets*)
- Pack



CLOTHING/FOOTWEAR

- Moisture-wicking long underwear (*wool or synthetic*)
- Insulated jacket or vest
- Waterproof/breathable raingear (*jacket and pants*)
- Snow pants or bibs
- Soft-shell jacket and pants
- Gaiters (*tall and waterproof*)
- Ski socks or hiking socks, plus spares (*wool or synthetic*)
- Ski gloves or mittens
- Warm hat (*that covers ears*)
- Neck gaiter or balaclava
- Extra clothing* (*in case of bad weather*)



FOOD & WATER

- Water bottles or reservoirs*
- Insulated bottle (*filled with warm drink or soup*)
- Water filter/purifier or chemical treatment*
- Trail snacks
- Lunch
- Extra day's supply of food*



HEALTH & HYGIENE

Sun protection:

- Sunscreen* (*+ SPF lip balm*)
- Sunglasses and sun hat*

Optional:

- Sanitation trowel or waste bags (*if no toilets*)
- Toilet paper
- Urinary products for women
- Hand sanitizer
- Alcohol wipes or baby wipes
- Blister treatment supplies
- Menstrual products (*if needed*)
- Prescription medications (*if needed*)



NAVIGATION

- Waterproof map* (*or paper map in waterproof sleeve*)
- Compass*
- Route description/guidebook

Optional:

- Altimeter watch
- Satellite messenger and/or personal locator beacon*
- GPS*



TOOLS & REPAIRS

- Knife or multi-tool*
- Small gear-repair kit* (*duct tape, zip ties, etc.*)



EMERGENCY ITEMS

- First-aid kit or supplies*
- Lighter/waterproof matches* (*and fire starter or dry tinder in waterproof container*)
- Emergency shelter*
- Whistle and signal mirror
- Two itineraries: 1 left with friend + 1 under car seat

Optional:

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



DAY TOUR EXTRAS

- Headlamp* (*+ extra batteries**)
- Handwarmer and/or footwarmer packets
- Insulating sit pad
- Permit or pass (*if required*)
- Interpretive field guide(s)
- Binoculars
- Camera
- Two-way radios



PERSONAL ITEMS

- Credit card and/or cash
- ID
- Cellphone

* These items are part of the Ten Essentials systems.