



Snowshoe Day-Hiking Checklist

Use this handy checklist while you're getting your gear and supplies together to make sure you don't forget anything important. Note: This checklist is deliberately comprehensive and intended for day trips in the backcountry where being self-sufficient is key to your well-being.



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*
- ☐ Two-way radios
- ☐ 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*



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

*These items are part of the Ten Essentials systems.



Tools & Repairs

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



Personal Items

- ☐ Credit card and/or cash
- ☐ ID
- ☐ Cellphone
- ☐ _____
- ☐ _____



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
- ☐ Water bottles or reservoirs*
- ☐ Two-way radios
- ☐ _____
- ☐ _____
- ☐ _____