

Winter Day Hike



Clothing

Layering: the recommended approach for winter dressing is to add clothing layers when you get cold and take off layers when you start to sweat. Sweating should be avoided in winter because wet or damp clothing will chill you when you stop moving. Take off layers if you start to sweat or slow down your pace to generate less body heat.

Base-Layer Insulation

- Long sleeve synthetic or wool
- Long underwear
- Boxer jock underwear to prevent chafing

Mid-Layer Insulation

- Fleece jacket, fleece pullover, fleece vest, insulated vest or softshell jacket (at least one, possibly several)

Jackets

- Puffy insulated jacket with attached hood
- Waterproof and windproof jacket with attached hood

Pants

- Softshell pants
- Hard shell pants that are waterproof and windproof (for really cold, windy, or wet days)
- optional: full length zippers along the sides for easy changing)

Gloves

- Lightweight fleece or wool gloves (2 pairs)
- Waterproof shell mitts or gloves, with insulated liners

Headware

- Lightweight/heavyweight fleece or wool hat
- Balaclava mask (optional)

Footwear

- Insulated hiking boots
- Warm socks, synthetic or wool (sock liners optional)
- High gaiters (optional: to keep snow out and feet warmer)

Spare Clothing

- Long sleeve synthetic or wool
- Long underwear
- Extra pair of sock

Gear

Winter traction aids

- Crampons- used with snow and ice for stability and traction.
- Microspikes- best worn on hiking trails covered with packed snow or ice
- Snowshoes (depending on conditions)- provide flotation and prevents post-holing



Backpack

- 35-45L -with side compression straps/shovel pocket(to attach snowshoes/microspikes)
- Extra webbing to attach more gear

Water Bottles

- Two or three 1-liter wide-mouth water bottles (hydration system hoses freeze up)
- Water bottle insulation, if bottles are stored outside your backpack
- Thermos (optional)

10 Essentials

- Map
- Compass
- Whistle
- Headlamp with extra lithium batteries (ALWAYS carry a headlamp because you never know how long you will be out)
- Personal first aid kit*
- Fire starting materials
- Small knife or multi-tool
- Gear repair supplies
- High energy snacks
- Sunglasses and sunscreen
- Toilet paper



Survival Gear – this can be distributed among hiking group members, or carried if hiking alone

- Sleeping bag
- Sleeping pad
- Lightweight emergency bivy sack or heat blanket
- White gas stove, fuel, pot, stove base

*Basic first aid kit

- Tweezers
- Safety pins
- Antibiotic ointment
- Antiseptic towelettes
- Wound closure strips
- Moleskin or duct tape for blisters
- Band-aids
- ACE bandage
- Ibuprofen
- Antihistamine
- Electrolyte powder drink
- Salt packets

Extra Gear for Above-Treeline Day Hikes

Additional items may be required for extreme conditions. Use of any of this equipment requires specialized instruction and knowledge, practice and an ability to take of yourself and/or your group in harsh, often unforgiving conditions.

- Face mask or combination face mask/balaclava
- Snow goggles
- Crampons or microspikes
- Ice axe
- Avalanche shovel, beacon, and probe in hazardous terrain

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