

## Winter Day Hiking Clothing and Equipment Checklist

Below find list of items commonly needed for winter day hikes. This list, while quite comprehensive, can be used as a general guide to be customized to meet individual personal and trip needs. There are some items on this list that may not be needed on all trips. For example, an ice axe is not needed for the vast majority of Catskill hikes but could be helpful (with proper training) in icy conditions in places like the Cornell Crack. Likewise, it would be unlikely that an individual would carry all three types of listed foot traction plus skis for any one day hike. Carrying an insulated flask for a hot beverage treat would certainly be more of a luxury than a necessity.

*Please note that for Catskill 3500 Club sponsored group hikes the leader should be contacted regarding specific items needed.*

(Where there are symbols see footnotes)

### For Trail

#### Pack

Large day pack/rucksack@

Pack cover

Inner waterproof pack liner (i.e.; 30 gallon garbage bag)

#### Clothingℓ

Hooded puffy jacket

Other insulated upper layers as appropriate

Insulated lower layers as appropriate

(Upper + Lower) base layer + extra

(Upper hooded + Lower) waterproof/breathable shell

Softshell upper + pants

Balaclava/Hat + extra&

Baseball capØ

Mittens + extra (they can get wet/lost easily)

Glove liners + extra

Glove shells

Socks + extra (can get wet and can use sock to insulate some water bottles like Nalgene)

Winter hiking boots

Bandana

Gaiters

Protective eyewear/Extra prescription glasses/sunglasses/goggles (no metal against skin)

### **Foot Traction/Additional Hiking Gear**

Hiking poles

Light traction (i.e; Microspikes)

Full crampons

Snowshoes Ice axe

X country skis

X country ski boots

Ski wax&

### **Nutrition/Hydration**

Food that does not freeze + extra

Emergency easily digestible food item that does not freeze (i.e.; energy gel)

Insulated liquid flask&

2 water carriers + heated water (to minimize freezing) + insulated carriers

### **Navigation**

Map for each individual + extra&

Compass for each individual + extra&

GPS + extra batteries

Hike description

Headlamp for each individual + extra&

Batteries for each electronic item+ extra&

### **First Aid and Misc Items**

First aid kit + medications&

Sunscreen&

Anti-blister protection&  
Matches/fire starter/tinder (i.e.; cotton balls soaked in petroleum jelly)&  
Stove + fuel canister + light small cook pot&  
Knife&  
Whistle  
Clothing repair kit: Extra laces + safety pins&  
Tape (i.e.; Duct or Tenacious Tape)&  
Sealable plastic bags  
Emergency sleeping bag  
Emergency waterproof bivvy sac (to keep sleeping bag dry)  
Emergency sleeping pad  
Light tarp&  
Lock de-icer (in case car lock is frozen on return)&  
Camera + spare batteries (keep camera against body)  
Rope to use as a handrail in steep sections Ω&  
15 inch X 15 inch foam sit padH  
Chemical hand warmers  
Cell phone  
Wallet  
Pencil and paper&  
Emergency phone #: For New York use **DEC Emergency Dispatch (877) 457 5680**  
Personal locator beacon¥&  
Car keys + extra

### **Items to Keep in Car**

Ice scraper  
Snow shovel  
Rock salt/sand  
Light traction kept inside passenger compartment¶  
Food and warm beverage to be greeted by upon return

### **Parking in winter**

Remember to only park in permitted areas. Do not park in a snow-plow turn-around or along the side of the road where signage or town ordinances forbid, or where your car could prevent workers from clearing roadways. Do not park on private property without asking for owner permission. Where parking is permitted position your car in a way that maximizes room for other cars. Always sign in at trail registers. For more information on parking for access to winter peaks go to the **Catskill 3500 Club website** ≥ **Peaks** ≥ **Off-Trail and Winter** ≥ **Parking Tips for Winter**.

## Footnotes

@: Make sure everything fits in your rucksack before setting out (assume you may be hiking in a tee shirt and all of your clothing may need to be in the rucksack at some point during the hike)and that there is a way to carry snowshoes, sleeping pad, crampons, etc.

ℓ: No cotton! And remember that down loses insulation when wet and is therefore best used in very cold conditions when the likelihood of exposure to moisture is minimized. Synthetic fill puffy jackets are more suitable otherwise as those materials maintain loft/insulation when wet.

&: Where you see this symbol and assuming the group will stay together consideration can be given to have the item/extra item carried by only 1 individual to save weight/lighten the load. All items to be shared should be stored in one place and distributed by one person to avoid confusion. I believe everyone should have their own emergency bivvy system in case the entire group gets lost/has an unplanned bivouac

Ø: A brimmed hat reduces glare and keeps snow out of your eyes/off glasses but can blow away in wind when worn without a hood. I wear my baseball cap with an ear band or I can fit it over my balaclava.

Ω: Rope should be of suitable strength – consult a climbing store professional to obtain assistance with the proper selection. I carry approximately 75 ft length of rope.

≡: The sit pad can also be used to insulate a water bottle, cradle and protect crampons, or function as an emergency shovel.

¥: See the [Catskill 3500 Club website](#) ≥ [Safety](#) ≥ [The Road Best Taken](#) for information on personal locator beacons

‡: There have been occasions where I had trouble getting out of the car and over to the trunk due to water ice that was incredibly slippery, so now I keep a pair of Yaktrax or similar item in the passenger compartment under the seat to pop on so I can navigate to the back of the car.