

Cold Weather Gear Checklist

Clothing and Apparel:

Thermal Base Layers: Moisture-wicking fabric to keep you dry.

Insulating Layers: Fleece or wool layers to retain body heat.

Waterproof Outer Layers: To protect against snow and rain.

Insulated Gloves and Mittens, Warm Hats and Balaclavas

Insulated Waterproof Boots, Wool or Thermal Socks

Shelter and Bedding:

Four-Season Tent or Snow Shelter Equipment

Sleeping Bag Rated for Low Temperatures

Insulated Sleeping Pad, Mylar Space Blankets or Bivy

Fire Making Gear:

Waterproof Matches or Lighters

Firestarters (wax cubes, magnesium firestarters)

Firewood or Compact Fuel Logs (if permissible)

Fire Reflective Barrier

Food and Water:

High-Calorie Energy Bars and Snacks

Compact, Ready-to-Eat Meals

Water Bottles or Hydration System

Water Purification Tablets or Filters

Cooking and Eating Utensils:

Portable Stove and Fuel

Insulated Cookware

Eating Utensils (spork, knife)

Insulated Mug

Tools and Equipment:

Snow Shovel or Compact Avalanche Shovel

Ice Axe or Ice Tools, Snow Saw or Compact Saw

Multi-Tool with Knife

Lighting:

Headlamp with Extra Batteries

Lantern (battery powered or fuel-based)

Glow Sticks

Navigation and Signaling:

Compass and Maps and GPS Device

Signal Mirror

Whistle

First Aid and Health:

First Aid Kit with Cold Weather Considerations

(hypothermia blanket, heat packs)

Prescription Medications

Sunscreen and Lip Balm

Power and Electronics:

Portable Power Bank or Battery Packs

Solar Charger

Hand Crank Emergency Radio

Miscellaneous:

Snow Goggles or Sunglasses

Avalanche Beacon (if in avalanche-prone areas)

Snowshoes or Skis for Mobility

Thermos with Warm Beverages