



SNOWSHOEING CHECKLIST

Even if you're heading on a short trip, it's important to pack some key items. The weather changes quickly in the winter and you should be prepared in case you're out longer than you planned.

Pre-trip prep

- Check the weather forecast, trail conditions and avalanche forecast
- Leave a trip plan with friend or family
- Get permit and pay trail fee (if req'd)

Gear

- Snowshoes
- Adjustable trekking poles or ski poles with snow baskets
- Backpack
- Traction devices (optional, but useful if it's icy)

Clothing and footwear

- Synthetic, quick-drying underwear and sports bra
- Wicking base layer top and long johns (wool or synthetic)
- Insulating mid-layer fleece jacket
- Down or synthetic puffy jacket
- Waterproof-breathable jacket
- Waterproof-breathable or softshell pants
- Toque (wool or synthetic)
- Wide-brimmed sun hat
- Neck gaiter
- Warm, water-resistant gloves or mitts
- Lightweight fleece or wool gloves
- Warm hiking socks (wool or synthetic, plus bring an extra pair)
- Liner socks
- Insulated hiking boots or winter boots
- Gaiters

10 essentials + 1

1. Navigation
 - Topographic map in waterproof case
 - Compass
 - GPS (optional)
2. Sun protection
 - Sunscreen and SPF lip balm
 - Sunglasses
3. Insulation (see clothing section)
4. Illumination
 - Headlamp or flashlight
 - Spare batteries
5. First-aid supplies
 - First-aid kit
 - Hand and toe warmers
6. Fire starter
 - Matches in waterproof container
 - Fire starter
7. Repair kit and tools
 - Multi-tool
 - Duct tape or repair tape
 - Zip ties
 - Snowshoe repair kit and spare straps
8. Nutrition
 - Lunch and snacks
 - Emergency food, like energy bars
9. Hydration
 - Water or a hot drink in an insulated vacuum bottle or water bottle cozy
10. Emergency shelter
 - Emergency blanket or bivy bag
 - Large orange garbage bag
11. Communication device
 - Phone in waterproof case
 - Power bank and charger cord
 - Whistle
 - Satellite communication device or PLB (for serious or remote terrain)



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Avalanche safety gear

- Probe
- Snow shovel
- Avalanche transceiver

- Avalanche training and skills to use your safety gear

Optional extras

- Insulated bum pad
- Camera and extra batteries
- Crazy carpet to slide down the hill

- Dry clothes and extra snacks in the car for afterwards