



# 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*)
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## 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*)
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## 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

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- Knife or multi-tool\*
- Small gear-repair kit\* (*duct tape, zip ties, etc.*)
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## Personal Items

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- Credit card and/or cash
- ID
- Cellphone
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## Day Tour Extras

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- 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
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