

Winter Hike Personal Equipment Checklist

Troop 849 - Manhattan Beach, CA

To Be Worn Leaving Trailhead

- Shirt
- Long pants
- 2 pair socks (1 thin inner & 1 thick outer)
- Waterproofed hiking boots (lug sole required)
- Gaiters

Back Pack Equipment

- Backpack
- Sleeping bag in stuff sack in plastic bag (rated to 0°F, or rated to +20°F with a blanket inside the sleeping bag)
- Full length closed cell foam pad (1/2" thick)
- 50 ft. of 1/8" nylon cord
- Small day pack (optional without peak)
- 2 large plastic trash bags (for pack cover)
- 1/2 share: tent, rain fly, poles & stakes (will be supplied)
- Bear canister (will be supplied if needed)

Eating Gear (marked with name or initials)

- Spoon or fork
- Plastic bowl
- Plastic cup

Toilet Kit

- Soap & lightweight towel
- Toothbrush & paste
- 3 Kleenex packets for toilet tissue (in zip lock bag)
- Plastic wash basin (bottom of gallon water, milk, or bleach bottle)
- Sunscreen
- Chap Stick or Blistex with sunscreen
- 6 medium-large safety pins

Miscellaneous

- Pad of paper or small spiral notebook
- Pencil
- 4 one gallon zip lock bags for trash
- Foam sitting pad
- Snowshoes with two ski poles
- Thick emergency blanket

Ten Essentials

- 1 Compass
- 2 Map of area (will be supplied)
- 3 Headlamp and
 spare battery
- 4 Sun glasses
- 5 Matches in waterproof case and 3" long candle
- 6 Personal first aid kit
- 7 Pocket knife
- 8 Trail snacks
- 9 2 wide mouth plastic quart bottles
 Iodine purification bottle (will be supplied)
- 10 Jacket (see below)
 Storm shelter

Additional Clothing in Pack (all in zip lock bags)

No cotton - cotton kills!

Wool items can be replaced with synthetic material.

- Full rain suit or poncho with rain pants or chaps
- Wool hat
- Wool face mask
- Wide brim hat or cap with brim
- Wind parka (nylon shell)
- Insulated nylon parka
- Wool shirt
- Thermal underwear top (synthetic)
- Wool sweater
- Wool gloves (waterproof)
- Wool mittens
- Outer nylon mittens
- Wind pants (can be part of rain gear)
- Wool trousers
- Thermal long johns underwear (synthetic)
- Undershorts (strongly prefer non cotton)
- 2 pair socks (1 thin inner & 1 wool outer)

Optional

- Snow shovel
- Snow brush
- Chemical heat pack
- Absorbent bath towel (recommended)
- Camera

- Notes:
1. If a storm is expected the weekend of the trip then we will not be going. Check with the trip leader.
 2. A training hike is required with full weight pack within 4 weeks of the trip. It must cover at least 4 miles with at least 500' of elevation gain.
 3. Tents are assigned at the meeting before the trip to each participant. Check the adequacy of the poles, hooks, shock cords, and seam seal (re-seal if necessary).
 4. There should be at least one ice axe in the group.

NO CARDS, MAGAZINES, BOOKS, RADIOS, or ELECTRONIC DEVICES