



# Backcountry Skiing/Snowboarding Checklist

Get prepared for winter backcountry day trips with this comprehensive gear list. This list is intentionally extensive; not every person will use every item on every outing.



## Gear Choices

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Skis, snowboard or splitboard   | <input type="checkbox"/> Pack                                 | <input type="checkbox"/> Whistle/signaling mirror       |
| <input type="checkbox"/> Boots                           | <input type="checkbox"/> Avalanche transceiver                | <input type="checkbox"/> Whippet self-arresting pole    |
| <input type="checkbox"/> Poles                           | <input type="checkbox"/> Snow shovel                          | <input type="checkbox"/> Route description or guidebook |
| <input type="checkbox"/> Goggles                         | <input type="checkbox"/> Probe                                | <input type="checkbox"/> _____                          |
| <input type="checkbox"/> Helmet                          | <input type="checkbox"/> Slope meter and snowpit analysis kit | <input type="checkbox"/> _____                          |
| <input type="checkbox"/> Climbing skins                  | <input type="checkbox"/> Avalanche airbag survival pack       | <input type="checkbox"/> _____                          |
| <input type="checkbox"/> Ski wax, skin wax, waxing tools | <input type="checkbox"/> Multifunction watch with altimeter   | <input type="checkbox"/> _____                          |
| <input type="checkbox"/> Crampons/ski crampons           |   | <input type="checkbox"/> _____                          |
| <input type="checkbox"/> Ice axe                         |   | <input type="checkbox"/> _____                          |



## The Ten Essentials

### Navigation

- Map (*with protective case*)
- Compass
- GPS (*optional*)

### Sun protection

- Sunscreen and lip balm
- Sunglasses

### Insulation

- Jacket, vest, pants, gloves, hat (*see Clothing*)

### Illumination

- Headlamp or flashlight

- Extra batteries (*kept near body when cold*)

### First-aid supplies

- First-aid kit (*see our [First-Aid Checklist](#)*)

### Fire

- Matches or lighter
- Waterproof container
- Fire starter (*for emergency survival fire*)

### Repair kit and tools

- Knife or multi-tool

- Duct tape strips; repair items as needed

### Nutrition

- Extra day's supply of food

### Hydration

- Water bottles or hydration system (*insulated*)
- Water filter or other treatment system

### Emergency shelter

- Tent, tarp, bivy or reflective blanket



## Clothing

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- |  |   |
|--|---|
| <input type="checkbox"/> Wicking base layers ( <i>synthetic or wool</i> )              | <input type="checkbox"/> Sun-shielding cap or hat for bright days         |
| <input type="checkbox"/> Fleece jacket or vest ( <i>insulating mid layer</i> )         | <input type="checkbox"/> Gloves, mittens and/or overmittens               |
| <input type="checkbox"/> Fleece pants ( <i>for cold days</i> )                         | <input type="checkbox"/> Light gloves ( <i>for high-energy activity</i> ) |
| <input type="checkbox"/> Insulating jacket ( <i>down or poly-fill; worn at stops</i> ) | <input type="checkbox"/> Socks ( <i>synthetic or wool</i> ) plus spares   |
| <input type="checkbox"/> Jacket ( <i>waterproof/breathable or soft shell</i> )         | <input type="checkbox"/> Liner socks                                      |
| <input type="checkbox"/> Pants or bibs ( <i>waterproof/breathable or soft shell</i> )  | <input type="checkbox"/> Gaiters  |
| <input type="checkbox"/> Insulating hat, cap, balaclava or headband                    | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Bandana or neck gaiter  | <input type="checkbox"/> _____  |
|  | <input type="checkbox"/> _____  |
|  | <input type="checkbox"/> _____  |



## Personal Items

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- |  |                                |
|--|--------------------------------|
| <input type="checkbox"/> Toilet paper                      | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sanitation trowel and/or WAG bags | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hand sanitizer                    | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Quick-dry towel                   | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____                             | <input type="checkbox"/> _____ |



## Other Options

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- Lunch
- Energy food (*bars, gels, chews, trail mix*)
- Energy beverages or drink mixes
- Vacuum bottle (*for hot drinks*)
- Insulated sitting pad
- Handwarmer/footwarmer packets
- Camera
- Binoculars
- Permits/passes
- Two-way radios
- Personal locator beacon
- Cell or satellite phone
- Credit card/cash/photo ID
- Notebook and pen or pencil
- Music player with headphones
- Post-activity snacks, water and beverages
- Towel and post-activity change of clothing
- Trip itinerary left with friend and under car seat
- \_\_\_\_\_