

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

- ___ Pack frame, pack, belly band, with attached sleeping bag straps
- ___ 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, blue foam or Ridge Rest)
- ___ 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)

Eating Gear (marked with name or initials)

- ___ Spoon and/or fork
- ___ Plastic bowl
- ___ Cup (plastic or Sierra)

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 (SPF 30 minimum)
- ___ 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 (liquid filled type)
- 2 ___ Map of area (will be supplied)
- 3 ___ Flashlight (Mini Maglite AA™ or 2 cell AA or C size)
___ Spare bulb & batteries
- 4 ___ Sun glasses with side shields
- 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 with marks every 4 oz. (marked with name)
___ Iodine purification bottle
- 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 COMIC BOOKS, MAGAZINES, RADIOS, WALKMAN, CARDS or ELECTRONIC GAMES