# COLD WEATHER PACK CHECKLIST -Essentials

## (includes supplies wearing or on person)

\_\_ Backpack

\_\_ Rain cover (garbage bag)

\_\_ Sleeping bag

\_\_ Hiking boots

\_\_ Water bottles (2-3 liters)

\_\_ Food

\_\_ Spare plastic bags (for wet clothes, trash, etc)

\_\_ Sleeping pad

\_\_ Mess kit and utensils

\_\_ Plastic cup

\_\_ Compass (on belt)

\_\_ Tent

\_\_ Pocket knife (on belt)

\_\_ Ground cloth

\_\_ Small flashlight w/ fresh batteries

\_\_ Whistle (on belt)

\_\_ Matches (waterproof)

\_\_ First aid kit (personal)

\_\_ 2 pr hiking socks

\_\_ 2 pr shorts or pants

\_\_ 2 shirts

\_\_ 2 pr underwear

\_\_ Sleepwear

\_\_ Jacket or coat

\_\_ Rain jacket & pants

\_\_ Hat (must cover ears)

\_\_ thermal underwear (polypropylene is best)

\_\_ Gloves

\_\_ Toothpaste and brush (small tube)

\_\_ Sunscreen (you can get burnt in winter!)

\_\_ Lip balm

\_\_ Toilet paper (fold sheets and place in sandwich bag)

\_\_ Empty pillow case

# No blue jeans!!

# Put sleeping bag in plastic trash bag before stuff sack to keep dry