

COLD WEATHER PACK CHECKLIST - Essentials

(includes supplies wearing or on person)

- Backpack
- Sleeping bag
- Water bottles (2-3 liters)
- Spare plastic bags (for wet clothes, trash, etc)
- Mess kit and utensils
- Compass (on belt)
- Pocket knife (on belt)
- Small flashlight w/ fresh batteries
- Matches (waterproof)
- 2 pr hiking socks
- 2 shirts
- Sleepwear
- Rain jacket & pants
- thermal underwear (polypropylene is best)
- Toothpaste and brush (small tube)
- Lip balm
- Empty pillow case
- Rain cover (garbage bag)
- Hiking boots
- Food
- Sleeping pad
- plastic cup
- Tent
- Ground cloth
- Whistle (on belt)
- First aid kit (personal)
- 2 pr shorts or pants
- 2 pr underwear
- jacket or coat
- Hat (must cover ears)
- Gloves
- Sunscreen (you can get burnt in winter!)
- Toilet paper (fold sheets and place in sandwich bag)

No blue jeans!!

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