

# HikingGeek.com | | Packing List - Winter Day Hike

## Clothing

### On Person

- Socks & Sock Liners
- Boots
- Ankle Brace(s)
- Base layer bottom\*
- Base layer top
- Lined/Insulated Wind Pants\*

### In Pack

- Long or short sleeve shirt
- Mid Layer Jacket (800 Fill Down)
- Waterproof Outer Shell
- Gloves/Mittens
- Winter Hat/Baclava
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### Optional

- Waterproof Pants (wind pants?)\*
- Ski Pants
- Shorts (underneath Pants)
- Extra Socks & Sock Liners

## Winter Traction (if needed)

- Mircropikes
- Snowshoes
- Crampons
- Ice Axe

## Emergency Kit

### First Aid

- [Ultralight/Watertight Med kit](#)
- Diamox
- Ibuprofen/Aspirin
- Allergy Meds
- Anti-diarrheal
- Sports tape/wrap
- Moleskin
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- Blister Bandages
- Misc Bandages
- Alcohol pads
- Antibacterial ointment
- Scissors
- Water Treatment
- Blister Bandages
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### Shelter/Fire

- Rain Jacket/Poncho
- Emergency Blanket
- Fire Starter
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- Hand Warmers
- [SOL Emergency Bivvy Sack](#)
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## Food & Water

- Cambelbak and extra H2O
- Cocnut H2O / Gatorade
- Gatorade Mix
- Beef Jerky
- Clif Block
- Granola Bars
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- Lunch Sandwich
- Sport Beans
- Stinger Waffle
- Combos or chips
- Hard Candy
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## Misc (optional)

- Camera
- Camera - Memory Cards
- Camera - Extra Battery
- Heart rate monitor
- IPOD & headphones
- Permanent Marker / Pen
- Waterproof Notebook
- Adventure Pass/Permit
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- Compression bag
- Trekking Poles
- Trowel/camp shovel
- Hankerchief
- Pack Rain Cover
- Water Filter
- 1 Gal. Ziplock (for wag bag)
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## Navigation & Communication

- Map (with protective case)
- Cell Phone
- GPS Unit
- Battery Pack w/ Cord
- Radios

## Toiletries & Eye Care

- Toilet paper
- Wet Wipes
- Contacts, case, solution
- Eye Drops
- Glasses & Case
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## Illumination

- Headlamp
- Extra batteries
- Flash Light

## Tools / Repair

- Knife or multi-tool
- Duct tape
- Rope
- Large Garbage Bag(s)
- Safety Pins
- Extra Hiking Boot Laces
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## Sun protection

- Sunscreen
- Sunglasses
- Chapstick
- Hat

## Mini-First Aid (easy access)

- pain meds
- chap stick
- eye drops
- hand sanitizer
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## Post Hike Bag

- Sandals/Sneakers
- Shirt
- Windpants or Jeans
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