

WINTER DAYTRIP CHECKLIST

Large Daypack Daypacks should be large enough to hold up to 20 pounds of gear and allow you to carry it comfortably. Frame packs can be substituted, but are awkward for ski trips.

Headlamp or Flashlight Many trips get back after dark, so be prepared. Alkaline batteries are recommended.

Water Bottle You should drink at least a quart of water while you are on the trail each day. Keep it thawed by carrying it next to your body or insulating it with a sock and putting it in the middle of your pack.

Food Carry high-energy food you can nibble on throughout the day.

Chapstick You'll need it.

Handkerchief or Bandana Catch that nosedrip!

Map and Guidebook Not necessary for everyone, but there should be a couple per group.

Compass, Matches, Knife

First Aid Kit A small personal first aid kit, plus a couple triangular bandages.

Repair Kit Carry specific things for your own crampons, pack, stove.

Camera and Film Optional, of course

Extra Socks, Mittens, Hat

Extra Wool Shirts, Sweaters

Down/Polyester Parka

Wind Pants

Raingear

Face Mask, Goggles

FOR HIKING TRIPS

Ice Axe May substitute ski pole on beginner trips.

Snowshoes with crampons and well-adjusted bindings. Bearpaws are most useful in New England.

Crampons They must fit your boots properly.

Ski Waxes, Cork, and Scraper for ski trips

Spare Ski Tip, Spare Bale