

SNOWSHOE GROUP BACKPACKING CHECKLIST

The Ten Essential Systems

The following list is made up of items that everyone who ventures onto a trail or into the backcountry should have. You could add more, possibly, but these are the basics.

1. Navigation (map and compass)
2. Sun protection
3. Insulation (extra clothing)
4. Illumination (flashlight/headlamp)
5. First-aid supplies
6. Fire (matches or other fire starter)
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

Personal Essentials:

1. Map of the area. There will be no trails or other visible landmarks in the snow.
2. Compass and know how to use it. GPS, if you have it and want to practice. (may not work in forested areas)
3. Personal First Aid Kit, with Moleskin for Blisters
4. Sunglasses and Sunscreen. You will get sunburned even under cloudy sky due to UV reflection from the snow.
5. Headlight or Flashlight. Headlight preferred to allow hands free use. Be sure to bring extra batteries.
6. Extra Food (Emergency use only).
7. Extra Clothing. At least one change, preferably two. You need to be wearing dry clothes! Digging a snow cave is guaranteed to get you wet and require a change of clothes. Do not crawl into your sleeping bag with wet clothes (guaranteed to get you a cold nights sleep, or no sleep)
8. Tissue Paper (Non-flush use!)
9. Pocket knife
10. Fire starter/candle (Emergency use only).
11. Whistle for emergency signaling.
12. Water bottle(s) with water. Expect to drink 1 -2 quarts during the hike in but don't overdo since water weighs about 2 lbs/quart.
13. Several large garbage or leaf bags to serve as emergency shelter.

Individual Requirements:

1. [] Backpack: .External Frame or Internal frame to hold everything (preferably inside). Pack inside a large garbage bag to keep things dry. A waterproof pack cover is acceptable.
2. [] Sleeping bag; expect temperatures to be about 15-30°F for this trip.
3. [] Foam pad(s) to insulate you from the cold ground.
4. [] Pad - Thermarest, foam, if you have it to make your bed more comfortable.
5. [] Personal Cup and plate/bowl as well as eating utensils (fork/spoon). Remember food will be hot and paper/plastic may melt.
6. [] Rain gear: Goretex, Ultrex or urethane coated jacket and pants. Plastic tends to rip easily; Poncho may catch on the trail. (large garbage bag with holes cut for head and arms is temporary fix).
7. [] Gaiters to keep snow out of you boots/pants. Large rubber band, duct tape, etc. will help if you don't own gaiters.
8. [] Sturdy shoes or boots depending upon terrain. Must be solid over toe area to prevent pain from snowshoe harness.
9. [] Appropriate clothing. Polypropylene or synthetics preferred since they don't absorb water and transfer sweat to the surface. Long sleeve shirt/warmer clothes for the evening. It will probably get about 15-30°F before you climb into your sleeping bag.
10. [] Cap or hat to keep you warm. Warm stocking cap will help keep you warm in your sleeping bag as well.
11. [] Extra mittens/gloves. These will get wet and are slow to dry.
12. [] Several pairs of extra socks/liner socks .change socks for good foot care.
13. [] Snowshoes and know how to adjust.
14. [] Snowshoe repair kit (cable ties, heavy waxed cord, etc.)

Group/Shared Equipment:

1. [] Tent and rainfly. Critical if we can't dig a snow cave, build an igloo, or emergency shelter.
2. [] Snow anchors for tent.
3. [] Stoves and Fuel (and know how to use it). You will use lots of fuel to melt snow for water.
4. [] Support for stove and fuel. Heat from snow will reflect downward and bury your stove and spill pot contents. Use commercial stove support, license plate or wood covered with aluminum foil (shiny side out), metal plate, etc. Plastic plates will melt!
5. [] Cook set with one or more pots depending on your meals. Depends upon team/patrol menu!
6. [] Food; fresh food can be used but may need to be protected from freezing. Dried from the grocery store, or canned, depending on taste and how much weight you want to carry. May be freeze dried, but expensive.
7. [] Water purification system (extra fuel to boil water, chemical treatment).
8. [] Garbage bags to pack out all waste. Ours, as well as that left by others.
9. [] Shovel for digging snow caves, emergency shelters, kitchen area.

Additional items:

1. [] Watch
2. [] Camera and film, or digital camera (digital camera's must be kept warm or they will not work).
3. [] Frisbie, Nerf ball, etc.
4. [] Book