



The ultimate winter layering checklist

Use this checklist while packing to ensure you have a complete **technical layering system** for your next **winter backpacking trip**.

1. Base layers (Moisture management)

- ☐ **Synthetic or wool briefs/underwear** (No cotton)
- ☐ **Moisture-wicking liner socks** (To prevent blisters and move sweat)
- ☐ **Lightweight merino wool or polyester top** (Long sleeve preferred)
- ☐ **Lightweight thermal bottoms** (Should fit snugly against the skin)
- ☐ **Sports bra** (Synthetic or wool-blend for high-exertion)

2. Mid layers (Insulation)

- ☐ **Active insulation layer** (Midweight fleece or grid-fleece hoodie)
- ☐ **Insulated jacket** (Down or synthetic "puffy" for camp and rest stops)
- ☐ **Midweight trekking pants** (Convertible or softshell)
- ☐ **Warm wool hiking socks** (Medium to heavyweight)

3. Outer layers (Weather protection)

- ☐ **Waterproof hardshell jacket** (Gore-Tex or breathable equivalent)
- ☐ **Rain pants or hardshell bibs** (To block wind and melting snow)
- ☐ **Packable wind shirt** (Optional, for high-exertion in dry cold)

4. Accessories (The "Extremities")

- ☐ **Lightweight liner gloves** (For dexterity)
- ☐ **Insulated waterproof gloves or mittens** (For extreme cold)
- ☐ **Fleece or wool beanie** (One for hiking, one dry one for camp)
- ☐ **Neck gaiter or Buff** (To protect the face and neck)
- ☐ **Polarized sunglasses or goggles** (To prevent snow blindness)

5. The "Sacred" camp kit (Emergency dry clothes)

- ☐ **Waterproof dry bag** (To store these items inside your pack)
- ☐ **Heavyweight "sleep" socks** (Wool)
- ☐ **Heavyweight thermal top** (Like the Rothco waffle top)
- ☐ **Heavyweight thermal bottoms**