

Suggested Packing list for two-day winter trip in High Sierras

Large Gear

- Backpack
- Sleeping bag (rated to 30 F or better; plan on night temperatures between -10 and 10 F)
- Pad (either closed-cell foam or therma-rest type inflatable)
- Snowshoes (NOT the very long powder ones)
- Poles, if desired
- Ice axe (no ice tools needed), with leash
- Crampons (any kind), crampon bag if desired
- Semi-rigid boots (thick leather or plastic are best)
- Helmet (a bike helmet will do in a pinch)

Items per tent

- Tent (or bivy sack)
- Backpacking stove (and matches)
- Fuel
- Cooking pots and pans (with lids and pot holders, if desired)
- Breakfast, dinner food
- Shovel, if desired

Clothes

- Long underwear, tops and bottoms. Polypropolyne or the newer fabrics, or silk
- Wool socks
- Thin liner socks, if desired
- Warm pants
- Windproof or waterproof pants, if desired
- Gaiters (reinforced ones are nice if you are wearing crampons)
- Shell jacket (e.g. goretex)
- Warm upper layers (e.g. wool, fleece)
- Down parka, if desired
- Hat
- Balaclava or scarf or neck gaiter (expect strong winds at top)
- Very warm gloves or mittens
- Light-weight or medium-weight gloves or mittens

Personal Items (many of these are quite optional)

- Baseball hat or sun hat, for approach
- Medicine (e.g. ibuprofen)
- 1st aid kit (e.g moleskin)
- Flashlight
- Spare batteries
- Sunscreen

- Chapstick
- Toilet Paper (and WAG bag if required or desired)
- Goggles (expect strong winds at top)
- Misc. toiletries
- Sunglasses
- Utensils, bowl, plate, mug
- Lunch for both days
- Snacks for both days (e.g. dried fruit, trail mix, chocolate)
- Camera
- Compass
- Map
- Water bottles (I recommend 2 liters)