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. goretech)
- 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)