Mesa County Sheriff's Office

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Recommended Recreational Winter Day Hiking Pack List

The contents of your pack for a one-day hike can vary from season to season. However, something's are always recommended:

- A way to stay on top of the snow(skis, snowshoes etc.)
- Flashlight or headlamp(Keep batteries warm)
- Whistle
- Space blanket/extra heat packs(hand and/or body kind)
- Three large trash bags
- Sun glasses, sun screen and goggles
- Matches, lighter and fire starter in waterproof container
- Water enough for more than your hike 1 liter per hour of the hike (Insulated against freezing)
- Food enough for more than your hike (and that won't freeze)
- Snow/Water proof jacket and pants that breathe, sufficient layers under and for when you stop activity to put on. Enough to cover all skin from exposure.
- Gaiters to keep the snow out of your footwear and your neck.
- Footwear appropriate for your activity
- Map of the area you are hiking (don't rely on a GPS)
- Compass (even if you use a GPS)
- Cell Phone (although it may not work in many areas of the backcountry)
- Toilet paper and plastic bag to pack it out
- First Aid Kit in a zip lock bag including
 - Blister care (mole skin or second skin)
 - Duct tape
 - Band-Aids
 - 4 inch dressings
 - Tape
 - Safety pins
 - Personal medication
 - Ace bandage

In addition to what's in your pack, make sure your base layer is wicking, not cotton. Consider fleece gloves with waterproof over top, fleece hat and extra socks. Hiking poles with winter bigger baskets can take a lot of pressure off your knees.

Go over your route with the *ENTIRE* party - AND DON'T SEPARATE

Whiteout conditions can turn even the best guide out of directional sorts. Staying together is the best opportunity for survival. Tracks can be covered up in no time

Above all, let someone else know where you are going and what time you will return - with instructions to dial 911 if you are overdue.