



# WASHINGTON ALPINE CLUB

## *Backcountry Travel Class – Day Trip*

### ESSENTIALS

Map \_\_\_\_\_  
Compass \_\_\_\_\_  
Extra Food \_\_\_\_\_  
Head Lamp (with extra bulb & batteries) \_\_\_\_\_  
Extra Clothes (see below) \_\_\_\_\_  
Water \_\_\_\_\_  
Sunscreen \_\_\_\_\_  
Lip Protection \_\_\_\_\_

Pocket Knife \_\_\_\_\_  
Waterproof Matches \_\_\_\_\_  
Fire starter \_\_\_\_\_  
Sunglasses \_\_\_\_\_  
First Aid Kit \_\_\_\_\_  
Sit Pad \_\_\_\_\_  
Pack \_\_\_\_\_  
Bivy Bag (plastic) \_\_\_\_\_

### CLOTHING (NO Cotton!!)

Boots \_\_\_\_\_  
Long Underwear (tops & bottoms) \_\_\_\_\_  
Two pair Socks \_\_\_\_\_  
Two Hats \_\_\_\_\_  
Two Pair Gloves \_\_\_\_\_  
Overmitts \_\_\_\_\_  
Shorts \_\_\_\_\_  
Shirt \_\_\_\_\_

Pants \_\_\_\_\_  
Insulation Layers as Required \_\_\_\_\_  
Raincoat \_\_\_\_\_  
Rain pants \_\_\_\_\_  
Gaiters \_\_\_\_\_  
Neck Gaiter /Scarf \_\_\_\_\_  
Bandannas (only permissible cotton) \_\_\_\_\_

### HARDWARE

Avalanche Beacon \_\_\_\_\_  
Shovel \_\_\_\_\_  
Skis/Snowshoes \_\_\_\_\_  
Ski Poles \_\_\_\_\_  
Skins \_\_\_\_\_  
Avalanche Probe (Probe Poles ok) \_\_\_\_\_

### GOOD IDEAS

Plastic Bags \_\_\_\_\_  
Extra Water Bottles \_\_\_\_\_  
Sun Hat \_\_\_\_\_  
Skin Wax \_\_\_\_\_  
Goggles \_\_\_\_\_  
Thermos \_\_\_\_\_