FREE PRINTABLE RESOURCE

WINTER HIKING FIELD CARD

Layers, daylight planning, fuel and early warning signs, in one page.

LAYERS (NPS)

- ☐ **Wool or synthetics, never cotton**
  Cotton won't keep you warm if wet
- ☐ **Layers you can add and remove**
  Remove layers to avoid sweating too much
- ☐ **Wind and rain protection, warm boots**
  Breathable shell, waterproof boots
- ☐ **Extra dry clothing in a sealed bag**
- ☐ **Hat, gloves or mittens, warm footwear**
  Gloves keep fingers warm, prevent frostbite

DAYLIGHT AND TURNAROUND (NPS)

- ☐ **Expect less distance than in summer**
  Short days; be prepared to overnight
- ☐ **Leave a trip plan with an emergency contact**
- ☐ **Too icy or unprepared? Turn around**
  Have a Plan B

FUEL AND NAVIGATION (NPS)

- ☐ **Eat frequently, stay hydrated**
  Activity dehydrates you even in the cold
- ☐ **Insulated containers**
  Keeps food and water from freezing
- ☐ **Map and compass, and know how to use them**
  A phone may not get reception
- ☐ **Consider traction and a locator device**
  Over-the-shoe traction for ice

COLD TROUBLE (NPS)

- ☐ **Shivering, confusion, slurred speech, fumbling hands**
  Seek shelter; head back to your vehicle
- ☐ **Frostbite: loss of feeling and color**
  Usually fingers, toes and other extremities

Our suggestion: choose a turnaround time and point at the trailhead, and carry a headlamp even for a daylight hike.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: Mount Rainier National Park winter safety page; National Park Service "Be Winter Ready For Your Adventure." Check local conditions and avalanche risk. Informational only, not medical advice.