

## Winter Prep Checklist

Trail Logic loves cold-weather miles, but margin matters. Use this checklist to prep smart and stay warm.

### Conditions and Timing

- " Check avalanche forecasts and recent snowpack discussions if traveling near slopes.
- " Note daylight hours; plan to be back 60 90 minutes before dark.
- " Overnight lows drive insulation choices match layers to the coldest expected temp.

### Layering System

Base: synthetic or merino, no cotton.

Mid: active insulation (grid fleece or light puffy) that vents well on climbs.

Shell: waterproof/breathable with pit zips if possible.

Static warmth: belay parka kept dry in a liner bag.

Hands and head: liner gloves, insulated mitts, windproof hat, neck gaiter.

### Traction and Travel

#### Terrain | Bring | Notes

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Packed trails | Microspikes, trekking poles | Fast and light, but keep poles short

Icy slopes | Mountaineering traction | Pair with an ice axe and training

Deep snow | Snowshoes or skis | Look for float and easy bindings

### Safety Extras

Hot drink in a vacuum bottle for on-the-move warmth.

Chemical warmers for hands and toes.

Backup headlamp and batteries stay close to your body heat.

Emergency bivy plus closed-cell sit pad to get off snow.

If avalanche terrain: beacon, shovel, probe and partners who practice.

### Trailhead Final Check

- " Heater on while gearing up so boots start warm.
- " Goggles or clear glasses packed for spindrift and wind.
- " Phone battery at 90%+; cold drains fast, so keep it inside a jacket pocket.

" Text your contact: route, start time, turnaround, and back by time.