

# Shoulder Season Hiking Essentials Checklist

## ■ Essential Clothing

- Moisture-wicking base layer (avoid cotton)
- Insulating mid-layer (fleece or puffy jacket)
- Waterproof/windproof shell
- Warm hat & gloves
- Gaiters (if snow is present)

## ■ ■ Footwear & Traction

- Sturdy hiking boots or trail runners
- Wool socks (extra pair)
- Microspikes or crampons
- Trekking poles

## ■ Gear & Safety

- Backpack with rain cover
- Map & compass / GPS app (offline maps)
- Headlamp with fresh batteries
- First aid kit + emergency bivy
- Extra food & 1–2 liters of water

## ■ Planning Essentials

- Check recent trip reports
- Watch the weather window
- Have a strict turnaround time
- Tell someone your plan