CLIMATE

Cold Winter and Alpine Packing Checklist

A layering system for snowy cities, mountains, winter markets, ski regions, and cold-weather sightseeing.

Layering system

- ☐ Moisture-wicking base layers
- ☐ Insulating fleece or wool mid-layer
- ☐ Weatherproof insulated outer jacket
- ☐ Thermal leggings or lined trousers
- ☐ Warm socks with backup pairs
- ☐ Gloves or mittens
- ☐ Warm hat that covers the ears
- ☐ Scarf, neck gaiter, or balaclava as conditions require

Footwear and traction

- ☐ Waterproof insulated boots
- ☐ Comfortable indoor or travel-day shoes
- ☐ Removable traction aids when suitable and permitted
- ☐ Blister care
- ☐ Gaiters for deep snow or wet conditions
- ☐ Boot and glove drying plan

Cold-weather details

- ☐ SPF, reef-safe sunscreen and sunglasses for reflective snow
- ☐ Lip balm and rich moisturizer
- ☐ Hand warmers
- ☐ Insulated water bottle
- ☐ Water-resistant daypack cover
- ☐ Battery protection; cold reduces battery life
- ☐ Swimsuit for spa, sauna, or heated pool where appropriate

Packing note

Do not rely on one heavy coat alone. Adjustable layers handle changing wind, sun, altitude, indoor heating, and physical activity more comfortably.