

Winter Hike Kit

Preparing for a winter hike requires careful planning and preparation to ensure safety and comfort in potentially harsh weather conditions. Here is a winter hike checklist:

40 L Backpack equipped with a rain

Solid waterproof hiking boots: avoid soft shoes. On Boukaat Loubnan trails you will be crossing rugged terrains. Expect snow, mud and slippery terrain.

Hiking poles (we recommend using a pair).

Headlight (equipped with new batteries).

First aid kit equipped with a survival blanket.

Knife

Whistle

Your personal documents national ID for Lebanese, passport for

2 L of water (double the quantity in summer)

Hot drinks thermos (tea, coffee or hot chocolate, avoid alcohol)

Food and trail snacks

Lighter

Rain proof and waterproof jacket and trouser

Gaiters

Fleece jacket

Down jacket (for cold temperatures)

Beanie

Neck protection or buf

Balaclava

Fleece gloves

Waterproof gloves

Snow goggles

For snowy covered trails: snowshoes or backcountry skis

Shovels

Avalanche beacon

Sunscreen

Lip balm

Toilet paper

Wet wipes

First Aid Kit*

Survival Kit**

* Refer to www.boukaatloubnantrails.org/gear/first-aid-kit

** Refer to www.boukaatloubnantrails.org/gear/survival-kit

▼ Don't forget to let someone know your plans before you go.

