



Snowshoeing Gear List

The gear you bring and the clothing you wear greatly affects your comfort and enjoyment in the outdoors. For snowshoeing, we suggest you dress in layers and bring certain items along with you. We will provide you with snowshoes for the day.

Food:

- Lunch - items you can eat on the go (sandwiches, energy bars, etc)
- Water - at least 2 quarts in a non-glass container. It is preferable to have insulated parkas on them to keep water from freezing. A thermos for one is a great idea.

Clothing:

Be prepared to be out moving and standing outdoors in temperatures from 45 degrees to ten below zero. Keep in mind that in the winter "cotton kills". Be sure to wear clothing made out of synthetic materials. Fleece and wool are your best choices. Wear no cotton - no jeans, no cotton t-shirt, no cotton socks.

Use a layering system that consists of the following:

- Wicking top and bottom first layer - capaline, bergaline, merino, etc.
- Lightweight insulating top and bottom layer - micro fleece, etc
- Heavier insulating top layer - 200 or 300 weight polartec, or down
- Top & bottom shell outer layer - gore-tex, windstopper, nylon, etc.
- Hat - fleece or wool
- Gloves - bring at least two pairs; one thin & one thicker - mittens are a great idea to have as well
- Synthetic or wool socks & liners if needed
- High gators - to keep the snow out of your boots

Equipment:

- Day pack - medium sized (1800-2400 cui)*
- Headlamp or small flashlight with extra batteries
- Toiletries (medications, sunscreen, toilet paper, etc.)
- Sunglasses
- Camera - optional

* Items with an asterisk are available for loan through Alpine Endeavors

NOTE: If you wear contact lenses you should bring a pair of glasses as a back up.