

Recommended Gear for Snowshoeing Tour

Basic hiking gear required for a day hike in the winter time:

- 1) **Hiking boots** waterproof and preferably with high ankles or Watterproff Boots
- 2) Wool or Synthetic top and bottom base layers
- 3) Mid insulating layers (fleece or micro puffy)
- 4) Top and bottom soft shells (for drier/warmer days)
- 5) Top and bottom waterproof layers (for wet forecasts)
- 6) Warm beanie
- 7) Moisture-wicking underwear
- 8) Worm wicking socks (ski socks)
- 9) Hiking poles (optional), *we will offer them*
- 10) **Small backpack** aprox 20L to 30L,
- 11) **2 l water bottle or reservoir**,
- 12) Sungalsses,
- 13) Sunscreen,
- 14) Sun hat,
- 15) Liner gloves for hiking/ascending (plus a spare set to swap out wet gloves)
- 16) Gaiters (optional), *we will offer them*
- 17) SNOWSHOES, *we will offer them*

Food for the trail (sandwiches, carbohydrate-rich energy bars, granola, trail mix and fruit provide an instant pick-me-up on the trail)

Day Hiking Extras:

HeadLamp or Flashlight

Extra Batteries

ID

Cellphone

Camera