

## What to pack for the snowshoe tours

**Boots** – your footwear will be the most important item you pack for this tour. The best option is a good fitting (snug, but with room for warm socks), winter hiking boot with good tread. Other waterproof, insulated hiking boots will also work. Loose fitting, heavy lined boots like some Sorrels can cause blisters. A low cut hiking shoe is not a good option, nor are non-waterproof hiking footwear. Essential with the boot are warm, wool or synthetic hiking socks and gaiters. Over the cuff gaiters are provided by the tour. These are not insulated, full-shoe cover versions.

**Water** – it is essential on snowshoe trips to stay hydrated. Water bladders with a hose can easily freeze, and then you have no access to your water. An insulated hose with a valve cover can work, but you would still need to wear the bladder and hose inside your clothing. A better option is insulated water bottles in your pack, or light weight thermoses. Screw top covers are better than bike bottle type valves. 48 oz capacity should be sufficient for this trip.

Clothing recommendations - layers are key for this trip. On a bright sunny day, walking uphill, you may be comfortable in lightweight tights and a single capilene shirt. If the clouds and wind roll in and you are going downhill you will want 4 or 5 layers on.

Bottom:

- \*Wool or synthetic warm socks – but not so thick they make your boots tight
- \*Tights or synthetic long underwear
- \*An insulating layer like fleece pants (avoid cotton), with a zipper is best to go on over your boots
- \*A wind proof layer – wind pants or Goretex shells (snow pants can work, but separate insulating and wind/snow proof layers are better).

Top:

- \*wicking bottom layer like capilene or silk
- \*lightweight fleece or wool sweater or heavy weight capilene
- \*fleece or down insulating layer
- \*if you get cold easily add a down or fleece vest to keep the core warm
- \*waterproof outer layer with hood – breathable Goretex is best – make sure it fits over the other layers

Other:

- \*Mittens - Layers for hands are good also – a liner glove with an outer mitten and a shell is best
- \*Hat options – light hat with a hood from your jacket can work, include a scarf or balaclava, earband is great for warm days, hat with a brim and ear flaps also a great choice
- \*Sunglasses essential!, Goggles if you have them
- \*sunscreen (spf 15 or greater) and lip protection
- \*leisure clothing, including shoes/boots for evenings (informal, casual, comfortable is the rule)
- \*camera, binoculars
- \*moleskin and mini personal first aid kit
- \*daypack big enough for your warm clothing when you are not wearing them
- \*swim suit (why wouldn't you always have one)
- \*hiking poles are provided by the tour