

### What to pack for the snow shoe tours:

**Boots** – your footwear will be the most important item you pack for this tour. The best option is a snug fitting snow boot with good tread, like a Sorel. Other waterproof, insulated hiking boots will also work. 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. Gaiters are the only thing that will keep the snow from getting inside your boot. We can provide gaiters if you request them ahead of time.

**Water** - another essential item for snow shoe trips is a way to stay hydrated. Water bladders with a hose are not the best solution for wintertime activities as the water can freeze in the hose rendering them unusable. If you have an insulated cover for the hose that could work, although you still need to sip frequently to prevent the water from freezing. A better option is insulated water bottles in your pack, or light weight thermoses. 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 – with a zipper is best so you can put on over your boots
- \*A wind proof layer – light weight wind pants or Goretex (snow pants can work, but a separate insulating and wind/snow proof layers are better.
- \*Gaiters

Top:

- \*wicking bottom layer like capilene or silk
- \*lightweight fleece 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:

Layers for hands are good also – a liner glove with and outer mitten is perfect

Hat options – light hat with a hood from your jacket, include a scarf or balaclava, earband is great for warm days to keep your ears warm but not overheat, 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 comfortable shoes/boots for evenings (informal, casual, comfortable is the rule)

\*swim suit (hot tub available)

\*camera, binoculars

\*moleskin and personal first aid kit

\*daypack big enough for your warm clothing when you are not wearing them

\*walking or ski poles - if you do not have them we will provide