



Welcome to the Basic Snowshoeing Lecture

Winter of 2023-24

Let It Snow, Let It Snow, Let It Snow!
(but not too, TOO much)





**Foothills
MOUNTAINEERS
Basic
Snowshoeing
Course**





Overview

- ❄ About the Snowshoe Programs
- ❄ Conditioning
- ❄ Gear
- ❄ Winter safety
- ❄ Trip Planning
- ❄ Snow Travel Skills
- ❄ Field Trip
- ❄ Post-graduation

R
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M
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John G



Roseanne



Emily



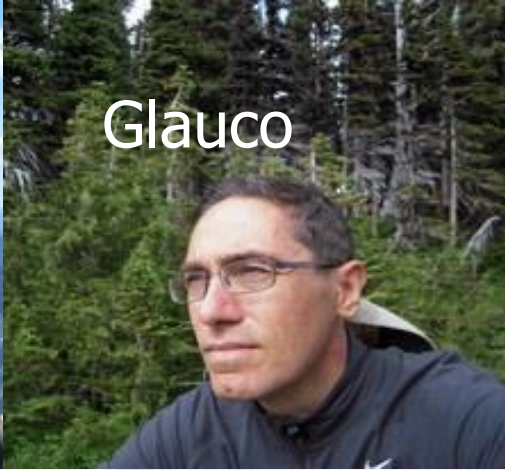
Michelle



Tom



Felix



Glauco



John M



Barbara



Doug



Brad



Steve



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The Mountaineers

- ❄ Started in 1906
- ❄ Seven branches across Western Washington with over 15,000 members; Foothills is the newest branch
- ❄ Foothills Branch (I-90 & 405 corridor) – over 1,000 members; in addition to winter sports and backpacking/hiking, we offer a full range of courses and classes (scrambling, climbing, trail-running, navigation, first aid, stewardship).
- ❄ Each branch has different committees & programs – but ***reciprocity is the rule and activities are open to all who are qualified regardless of branch affiliation***
- ❄ 3,000 volunteers club-wide



Foothills Snowshoe Program

- ❄️ Run entirely by volunteers
- ❄️ Experienced trip leaders and instructors
- ❄️ Opportunities to instruct, lead, and snowshoe!



A winter landscape featuring several large evergreen trees heavily laden with snow. The sky is a clear, bright blue. The overall scene is peaceful and serene, typical of a snowy mountain or forest setting.

Why take this course?

To experience days like this...





Benefits of the Basic Course



- ❄️ Develop a winter alternative to hiking
- ❄️ Acquire winter **gear** know-how
- ❄️ Gain **experience** touring on snowshoes
- ❄️ **Travel safely** (hazards, weather, avalanches)
- ❄️ Learn skills necessary for **Basic** Snowshoe trips
- ❄️ Earn a Basic Snowshoe Badge!!
- ❄️ Earn an Avalanche Awareness Badge!!





Beginner and Basic Snowshoe Trips

“Beginner” Trips

- ❄️ Require no badge.
- ❄️ Gentle terrain with no avalanche danger.
- ❄️ 1,500 ft gain, 8 mi RT max.

“Basic” Trips

- ❄️ *Require Basic Snowshoe badge.*
- ❄️ No ice ax required. Minimal avalanche danger.
- ❄️ *No distance or gain limits.*



Our Expectations of You

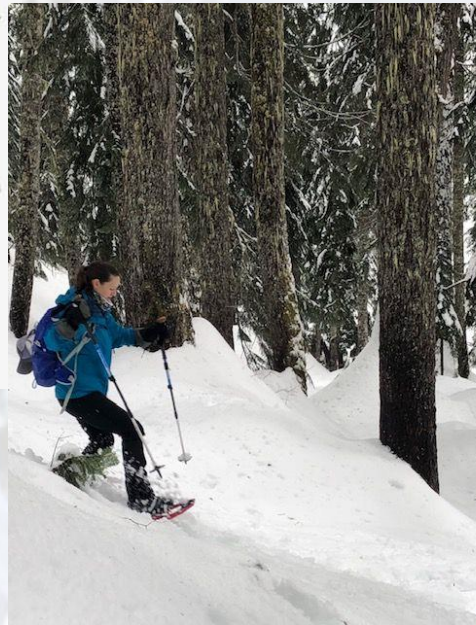
- ❄ View the *Avalanche Awareness* seminar video and pass the content test in order to receive your badge
- ❄ Prepare for the field trip:
 - ❄ Obtain necessary gear (and make adjustments ahead of time)
 - ❄ Have moderate conditioning level
- ❄ Be prepared to provide your own transportation to the field trip, if necessary.



Our Commitment to You

- ❄️ Prepare you for Basic snowshoe trips and for non-club snowshoeing.
- ❄️ Support, explain, point-out and demonstrate.
- ❄️ Encourage further winter sports education.
- ❄️ Answer questions not covered in materials.
- ❄️ Be Covid-19 safe.

A (field trip) day at Commonwealth Basin



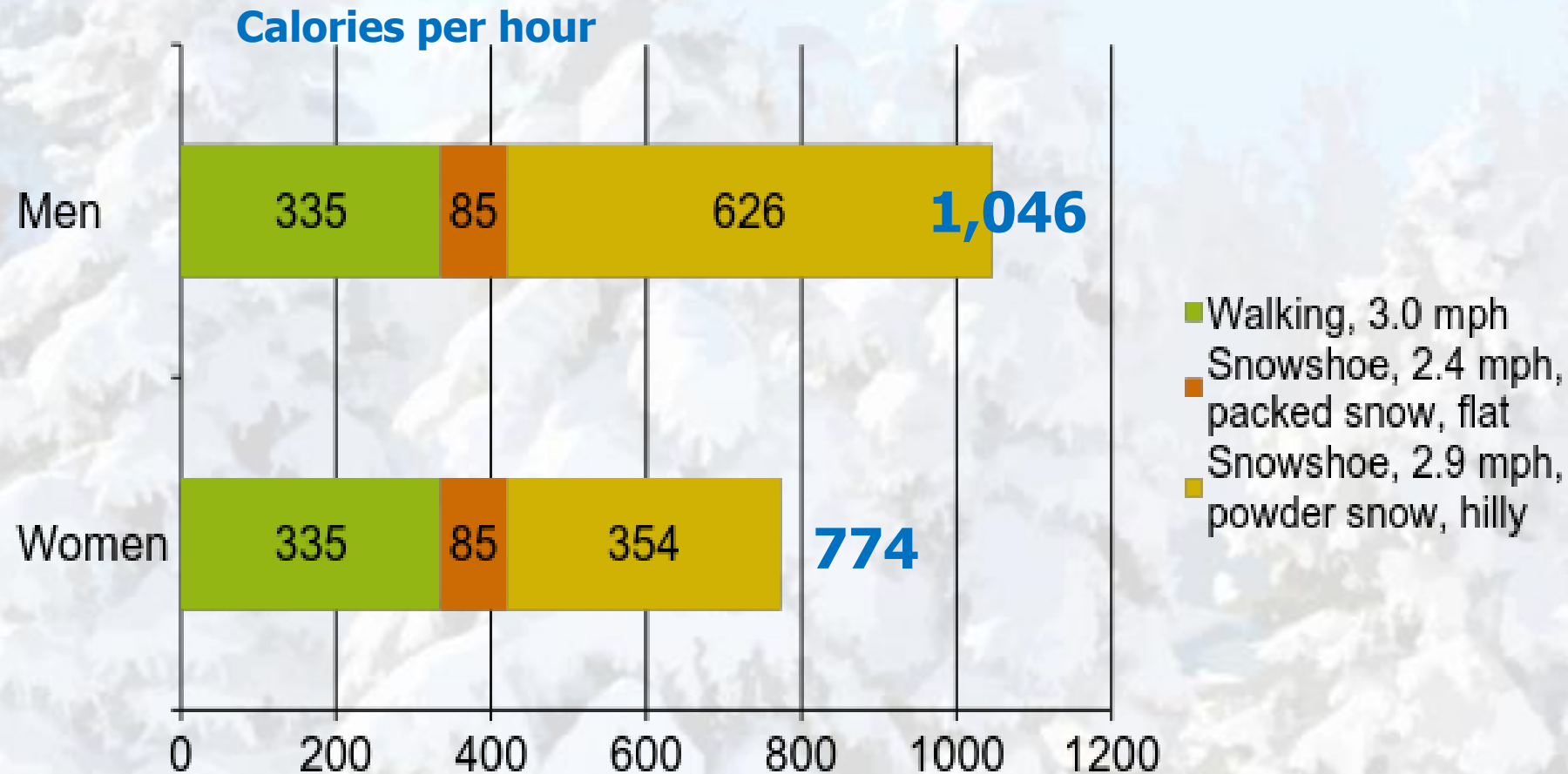


Conditioning

- ❄️ ***Snowshoeing is more strenuous than hiking!***
- ❄️ Even simple terrain is more challenging (i.e. breaking trail, staying in balance, etc.)
- ❄️ Harder to stay hydrated and fed
- ❄️ Sheer weight of all the extra gear



Hourly Energy Expenditure (without pack!)



Note: We won't ever be going 2.9 MPH on the field trip



Conditioning

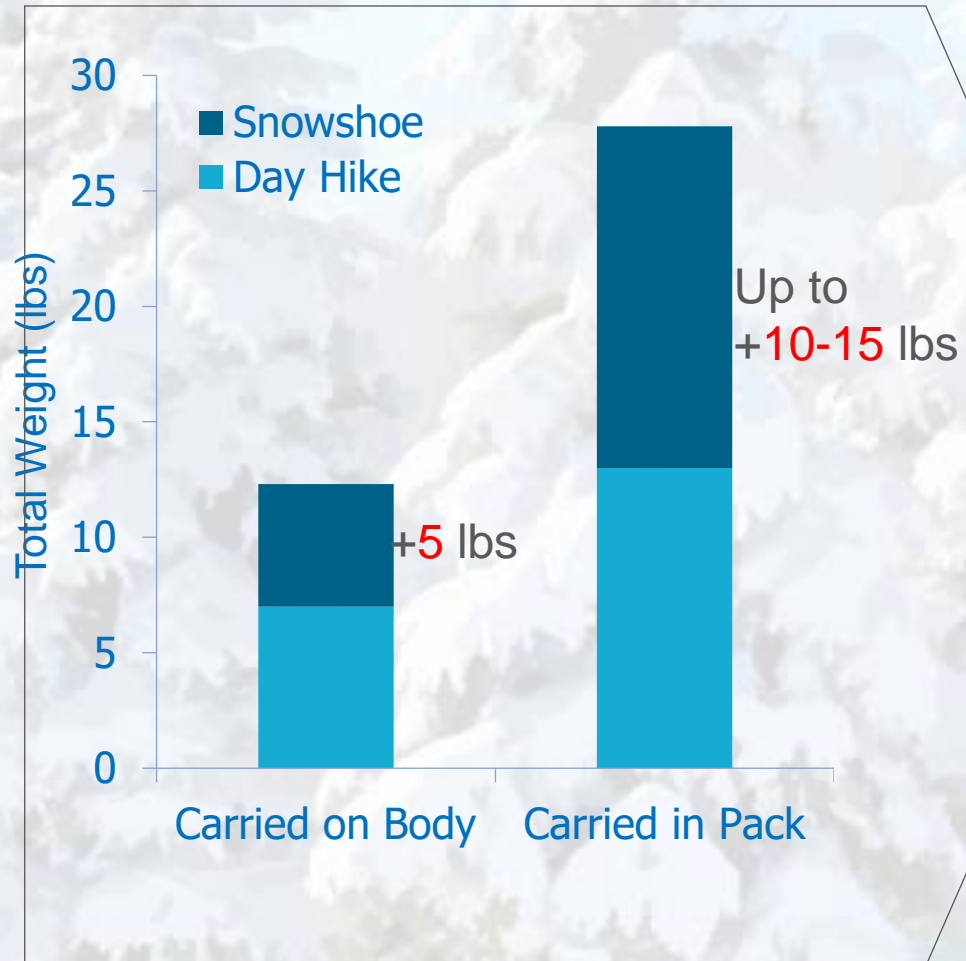
❄️ Our Northwest snow conditions can vary from icy crust...to firm packed snow...to deep powder...





Winter Gear Adds Up...

What weighs 20 lbs???



Four Chihuahuas



Or just one Flemish Giant Rabbit





Conditioning

- ❄️ Estimate that you can do about half the distance and gain as your summer hiking in the same amount of time.
- ❄️ Elliptical machines can be a great way to condition for snowshoeing because the motions are similar.





Discussion Tonight

❄️ There will be time to *ask questions*

❄️ Main topics:

❄️ Clothing and Winter Layering Systems

❄️ Footwear (boots, gaiters, snowshoes)

❄️ Winter Gear (pack, poles, hydration, etc...)

❄️ Winter Safety Considerations & Snow Travel

Gear





#1 Rule for Clothing

No cotton!

It seems soft and comfortable, but...



#1 Rule for Clothing

- ❄ Cotton (jeans/pants, shirts and tees, socks, underwear) is a poor choice in cold, wet conditions
- ❄ Loses its insulating qualities when wet
- ❄ Absorbs many times its weight in water
- ❄ Generally takes a long time to dry



#1 Rule for Clothing

Material	Water Absorbed as % of Weight after soaking
Cotton	40%
Nylon	10%
Polyester	0.9%

*DO NOT WEAR COTTON to the field trip, or on club snowshoe trips.
The leader may-will send you home.*



Clothing in *Layers* – A WICK, INSULATE, AND PROTECT SYSTEM

Base



Primary Job: wicks away perspiration from skin, keeping it dry

Materials: synthetic (Capilene) or natural (silk/wool). Various weights.

Consider bringing an extra base layer to change out if needed.



Clothing in Layers

Base

+ Insulating Layer(s)



Primary Job: Trap warm air next to the body

Materials: Fleece, Wool, Softshell, lofting material (Primaloft or down)



Clothing in Layers

Base



+ Insulating Layer(s)



+ Shell



Primary Job: Protection from wind & rain/snow (top & bottom)

Materials: Waterproof/Breathable fabrics (i.e. GoreTex), Nylon



Clothing in Layers

Base



+ Insulating Layer(s)



+ Shell



Mix & match depending on conditions!
Key is to regulate your body temp and not get too hot or too cold (easier said than done)!



Mittens and/or Gloves



- ❄️ waterproof, insulating
- ❄️ spares for snow/cold/wet wind protection
- ❄️ different gloves have different strengths/weaknesses.



Head Gear

❄️ One of the easiest and fastest ways to regulate your body temperature (10-15% of body heat)





Boots

- ❄ Insulated winter boots are **recommended** depending on how cold your feet get. *How well will your regular boots serve you if it is 10-20 degrees and your boots are in the snow for hours?*
- ❄ Regardless, at a minimum full-Leather **waterproof** hiking boots ***are essential*** but should have fresh waterproofing. But hiking boots do not have insulation.
- ❄ Stiffer boots resist the snowshoe binding cutting off circulation in your foot. Mountaineering boots can be useful, but are heavy.
- ❄ “Fashion” snow boots do not work well.



Boots





Gaiters

- ❄️ **Required** for the field trip. Gaiters essential winter gear.
- ❄️ Will **keep snow out** of your boots in deep snow
- ❄️ Act as an **extra insulating layer** on your lower legs
- ❄️ “Full” height, to just below the knees, are best



SNOWSHOES



❄️ Traction is key!

- ❄️ Our snow is frequently hard and icy (slippery)
- ❄️ Up-, down- and side-hill travel requires good traction *and some form of side traction rails.*
- ❄️ Right length for PNW conditions; shorter length is often better.
- ❄️ Good traction features (e.g. traction rails) are required for field trip – *can rent from us or at REI and other places.*



Snowshoes – Traction Features



Pretty Weak



Pretty Good



Pretty Great



Snowshoes – Bindings



Ratchet



Strap



Paragon

Snowshoes – *any* MSR model: Ascent,
Explore, or Trail Series
Some Tubbs, TSL, Atlas models
Prices range from \$150-\$350 a pair



No side rails – not good if any hills



MSR EVO (good) or REVO (VERY GOOD)!!



MSR Lightning GREAT!!!

MSR "Shift" for kids or small adults; 19 inch, 125 pound rating

A couple of newer, less expensive models



Atlas Montaine

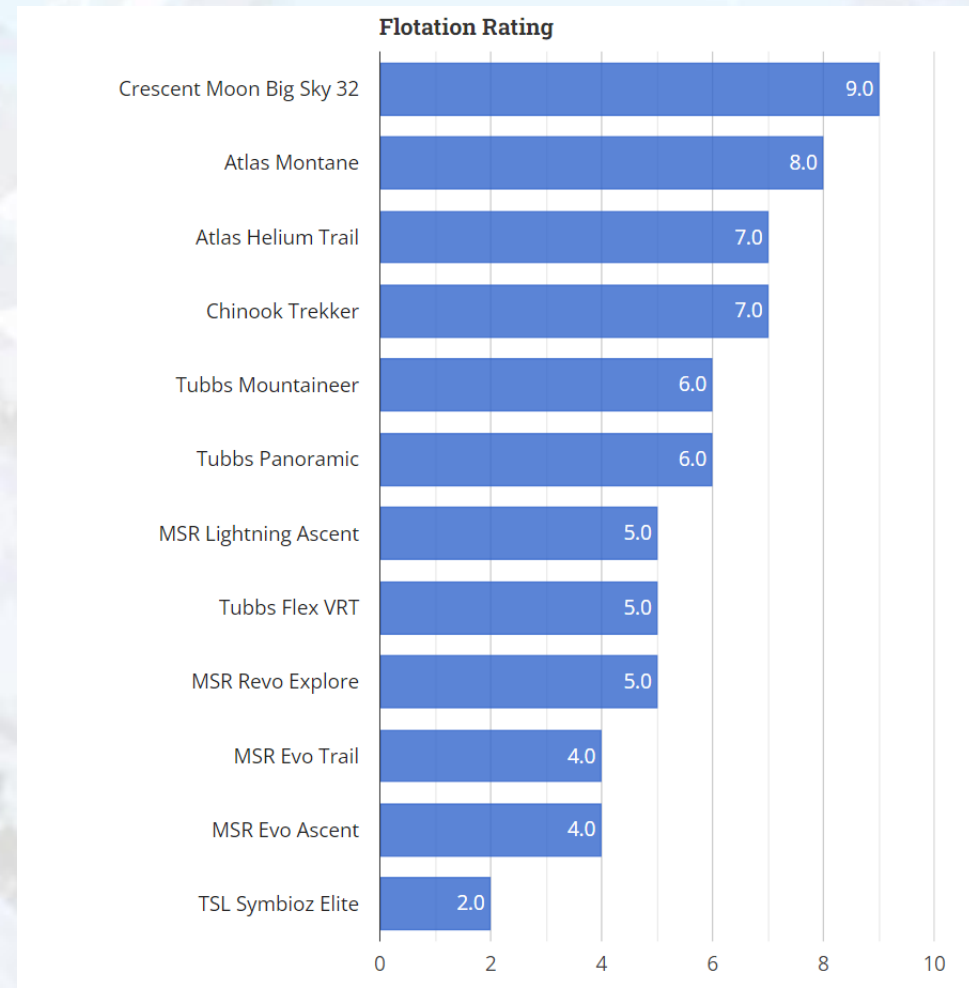
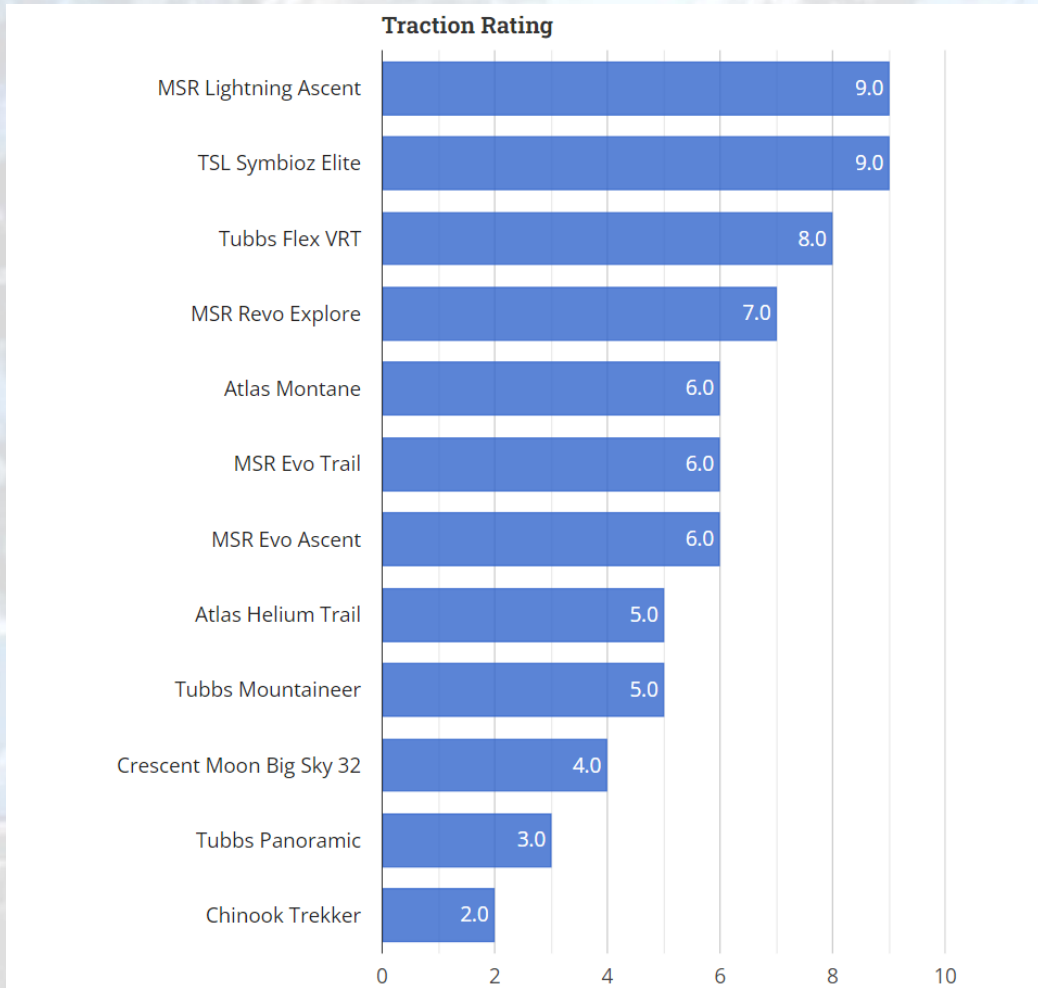


Tubbs Flex VRT





Traction vs. Flotation Trade-Off





Snowshoe



- ❄️ **Heel lifts** are a very nice feature to have if you regularly go on inclined terrain.
- ❄️ Current cost difference is about \$40-\$60.
- ❄️ Reduces fatigue on the calves during sustained uphill travel.



Poles and Baskets

Snow Baskets



Trekking Poles

- ❄️ add traction, balance and power
- ❄️ safety & survival aid
- ❄️ most poles come with a “summer basket” on them. You need to remove these before putting on the **winter snow basket!**
- ❄️ For an extra measure of safety, “tape in” your baskets with thin strips of duct tape



Pack

- ❄ Ideal pack size 30-40L.
- ❄ Larger packs fine. Can typically be cinched down if needed.
- ❄ Generally not a good idea to hang items off pack as you can lose them in the snow.





Gear: The 10 Essentials

Essential	Key Items
Navigation	Map, compass, GPS
Hydration	Extra water
Nutrition	Extra food
Sun Protection	Sunglasses, sunscreen
Insulation	Extra clothing
Repair Kit	Zip ties, duct tape, multi-tool
Illumination	Headlamp and fresh set of batteries
Emergency Shelter	Tent, bivvy sack, garbage bag
First-Aid	Varies
Combustion	Waterproof matches, light, flint, tinder



Eye Protection

Ski Goggles



Sunglasses



Hydration



**Nalgene w/
insulated sleeve**



Thermos



**Hydration bladder hose
w/ insulating sleeve**



Navigation

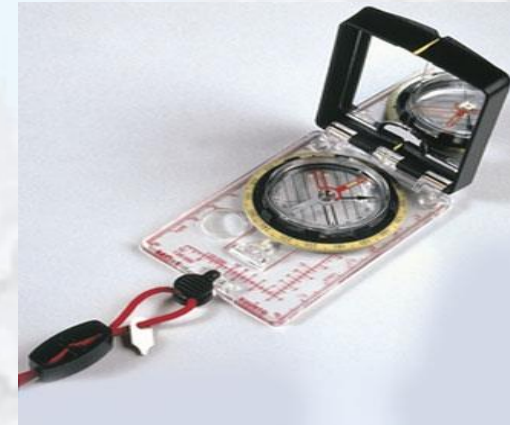


- ❄ Maps, compass, altimeter, GPS
- ❄ Foothills Courses:
 - ❄ Staying Found
 - ❄ Wilderness Navigation
 - ❄ Winter Navigation
 - ❄ Digital Navigation and Trip Planning

Navigation Tools

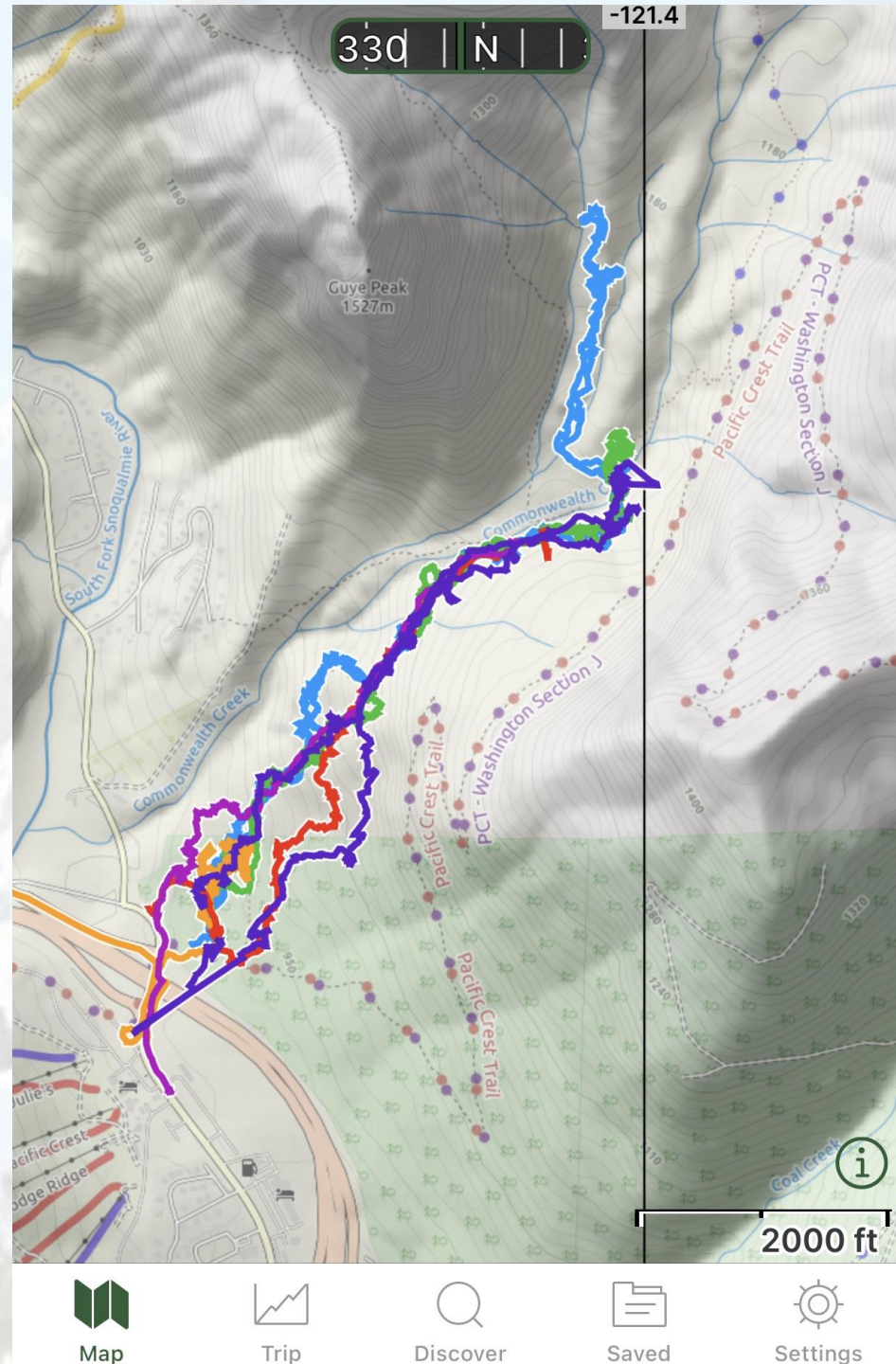


One Year Gaia
Smartphone
GPS Premium
membership
free for
Mountaineers



Various Gaia GPS Snowshoe Tracks at Commonwealth Basin

Club's member
benefits include
one year free
GAIA PREMIUM
membership (\$40
value!!)





Water and Food

- ❄️ hydration is more difficult to assess in winter
- ❄️ protect your water from freezing!
- ❄️ you can burn 45% more calories snowshoeing vs. hiking





A typical lunchtime....





First Aid Kit



add chemical hand/body/foot warmers to your usual kit



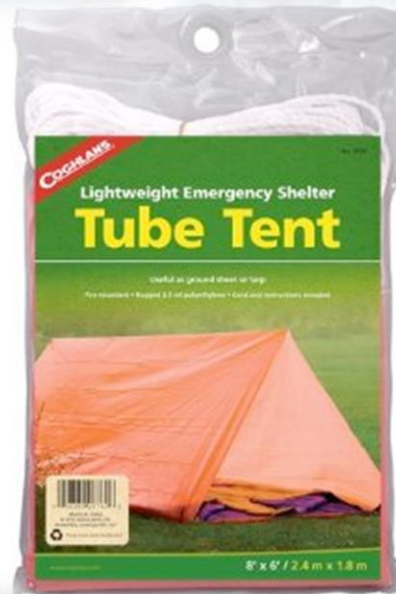
Repair Kit & Tools



Illumination



Emergency Shelter



A recommendation...and some advanced gear....





"PARTY SEPARATION"



10-minute break!





How to Get Gear

How to Get	Pro	Con
Borrow	<ul style="list-style-type: none"><li data-bbox="715 482 1003 529">• Low cost	<ul style="list-style-type: none"><li data-bbox="1528 482 2313 529">• Questionable fit and suitability



How to Get Gear

How to Get	Pro	Con
Borrow	<ul style="list-style-type: none">• Low cost	<ul style="list-style-type: none">• Questionable fit and suitability
Rent at gear shops	<ul style="list-style-type: none">• Less expensive than buying• Try new gear before you buy	<ul style="list-style-type: none">• Possible poor fit• Time to pick up and return gear



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Buy Retail (at discount, if possible)	<ul style="list-style-type: none">• It's yours• Proper fitting	<ul style="list-style-type: none">• Usually most expensive• Taking a chance on it meeting your needs



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Discount Websites (Steepandcheap, eBay, Sierra Trading Post, Backcountry.com, REI Outlet)	<ul style="list-style-type: none">• Usually cheaper than retail	<ul style="list-style-type: none">• Ship cost and time• No opportunity to try before you buy



Snowshoe and Winter Gear Rental

❄️ Snowshoe and Winter Equipment Rental –

Updated For 2022-23

❄️ **REI** – Seattle - Alderwood, Bellevue, Issaquah, Tacoma -
check with store first (\$18-\$22)

❄️ **REI Snoqualmie Rental Outpost** (exit 54, route WA-906)
– Fri-Sun 8-4:30 - **\$20-\$30**

❄️ **Ascent Outdoors (\$30)** – Seattle (Ballard)

❄️ **Mountain to Sound Outfitters (\$30)** - Seattle

❄️ **THE FOOTHILLS BRANCH** (for field trips) - **\$20**

Safety



Hypothermia





Keeping Warm – Thermoregulation

❄ How one loses heat:

❄ **Conduction** – contact with something colder

❄ **Convection** – moving air or water, damp clothing

❄ **Radiation** – heat rising off the body

❄ **Evaporation** – by perspiring

❄ **Respiration** – through breathing

❄ **Urination** – body works harder with a full bladder

❄ *So what can we do to stay warm ?*



Hypothermia: What is it?

❄️ When the body loses more heat than it gains, core temperature decreases.

Mild Hypothermia

- ❄️ Core temp 90-95 degrees
- ❄️ shivering
- ❄️ pale/cool skin
- ❄️ lethargy but alert
- ❄️ motor skill impairment
- ❄️ vital signs OK

Moderate/Severe Hypothermia

- ❄️ Core temp 82-90 degrees or lower
- ❄️ limited ability to rewarm
- ❄️ **"umbles"** (mumble, grumble, stumble)
- ❄️ slurred speech
- ❄️ decreased vital signs
- ❄️ possible lack of shivering
- ❄️ reduced "level of consciousness"



Wind and Low Temperatures Produce Wind Chill

	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
4mph	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
5mph	43	37	32	27	22	16	11	6	0	-5	-10	-15	-21	-26	-31	-36	-42	-47
10mph	34	28	22	16	10	3	-3	-9	-15	-22	-27	-34	-40	-46	-52	-58	-64	-71
15mph	29	23	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	-58	-65	-72	-78	-85
20mph	26	19	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60	-67	-74	-81	-88	-95
25mph	23	16	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	-74	-81	-88	-96	-103
30mph	21	13	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71	-79	-86	-93	-101	-109
35mph	20	12	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74	-82	-89	-97	-105	-113
40mph	19	11	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76	-84	-92	-100	-107	-115
45mph	18	10	2	-6	-14	-22	-30	-38	-45	-54	-62	-70	-78	-85	-93	-102	-109	-117

Unpleasant

Frostbite likely.
Outdoor activity
dangerous.

Exposed flesh will freeze
within half a minute for
the average person.



Preventing Hypothermia and Frostbite

- ❄️ **Avoid body heat loss.** Adjust clothing to keep warm and dry. Put on a warmer hat and extra gloves. Take shelter from wind.
- ❄️ **Avoid perspiration.** If you get too warm, remove a layer of clothing. If a base layer gets soaked, consider changing into a dry one
- ❄️ **Don't over-tighten your snowshoes (or laces).** Avoid cutting off circulation to the toes. Sturdy boots help.
- ❄️ **Drink and eat often.** Consume lots of calories.
- ❄️ **Recognize and treat early signs:** disorientation, lack of coordination.
- ❄️ **WATCH OUT FOR EACH OTHER !!**



Treating Mild Hypothermia

- ❄ End exposure to the elements
 - ❄ Get the patient out of the wind and wet
 - ❄ Substitute dry clothing for wet
 - ❄ Create shelter, and insulate from the ground; “hypo-wrap” patient
- ❄ Rewarm from the core out; heat to neck, groin, sides of chest cavity
- ❄ Give warm, sweet liquids if the patient can drink by themselves; high-cal food if self-administered
- ❄ Rewarm with hot water bottles, heat packs
- ❄ Mild exercise if patient has had calories



Treating Severe Hypothermia

- ❄ Similar treatment as for mild hypothermia, but...
 - ❄ Gentle rewarming is necessary
 - ❄ Prevent further heat loss
 - ❄ Move the patient as little as possible; no exercise, sitting or standing; cut clothes off if necessary – no shock of cold blood back to heart
 - ❄ Monitor vitals
 - ❄ Immediate evacuation is necessary; ***send for help!***



Frostbite

- ❄ Most susceptible: appendages, ears, nose, cheeks
- ❄ *Must protect from re-freezing!*
- ❄ **Superficial:** white, pale yellow skin; numbness; still soft to touch
 - ❄ Treatment – gently rewarm; skin-to-skin, blow warm air, do **not** rub; NSAIDS, separate digits
- ❄ **Full Thickness:** white, grey, black patches; numbness; hard to the touch, swelling/blisters, immobility
 - ❄ Treatment – same as partial but also evacuate



Trip Planning

❄️ A successful, enjoyable snowshoe trip is the result of an ongoing series of good micro-decisions before and during a trip.

❄️ **BEFORE A TRIP**

- ❄️ Proper gear & clothing
- ❄️ Forecasts & route review

❄️ **DURING A TRIP**

- ❄️ Good travel techniques
- ❄️ Collective decision-making
- ❄️ Effective incident responses



Winter Driving Preparation

WSDOT PRESENTS
WHAT TO CARRY IN YOUR CAR

Because you never know when you will encounter winter weather or emergency road closure

511
Know before you go
wsdot.com/traffic

GET OUR MOBILE APP
Our Android and iPhone apps include statewide traffic cameras, travel alerts, mountain pass reports, ferry schedules and alerts, northbound Canadian border wait times and more.

Android  iPhone 

Items listed in the infographic:
- full tank of gas
- first aid kit
- cellphone charger
- flashlight
- water/snacks
- ice scraper/snow brush
- boots/gloves/warm clothes
- music/games
- jumper cables
- flares
- tire chains

- ❄ Check tire pressure during cold weather
- ❄ Make sure chains or snow socks fit before first storm (*Mt. Rainier requirement; if not 4/AWD, may need on any highway*)
- ❄ Get a vehicle winter maintenance check-up. Have battery, belts, hoses, radiator, lights, brakes, heater/defroster and wipers checked.
- ❄ Keep your fuel tank full — don't let it fall below half a tank on winter trips

Tires & Chains



Traction tires

The following qualify as traction tires when required on Washington roadways:

- [Approved traction tires](#) - including an eighth of an inch tread and a M&S or All Season label with a Mountain/Snowflake symbol.
- Installing chains makes any tire a traction tire. [Approved tire chains](#)

TRACTION
TIRES
REQUIRED

Traction tires required - Passenger vehicles must use approved traction tires

TIRE
CHAINS
REQUIRED

Tire chains required - Vehicles must install chains to continue traveling on the roadway. 4WD/AWD vehicles do not need to install chains at this point, but still must carry a set inside their vehicle in case conditions worsen and use approved traction tires.* See [WAC 204-24-050](#)

CHAINS
REQUIRED ON
ALL VEHICLES

Chains required on ALL vehicles, even 4WD/AWD. This is the last step before a pass is closed.



Emergency Winter bivouac-sheltering

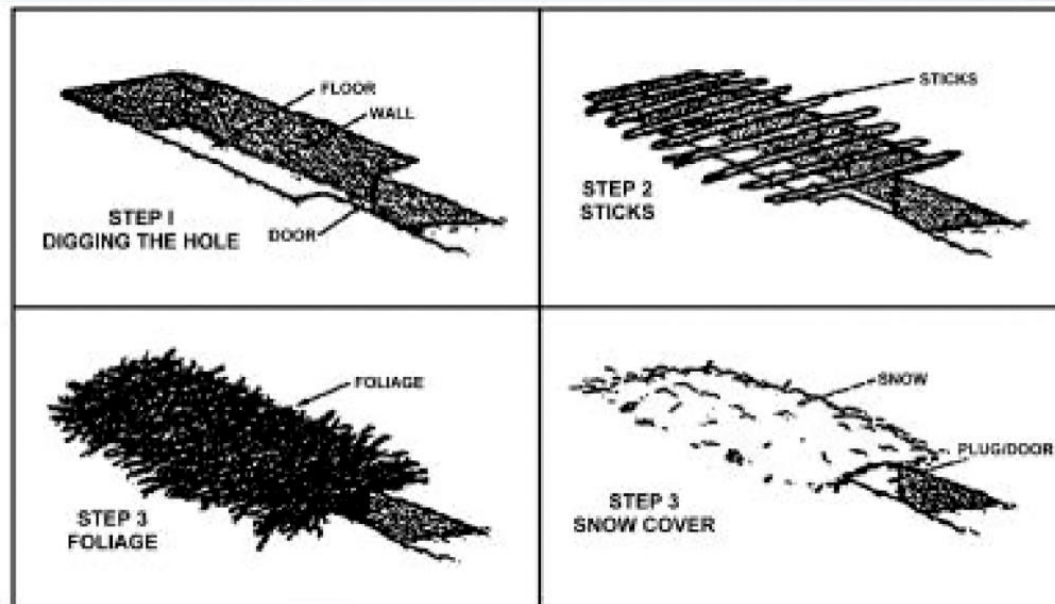
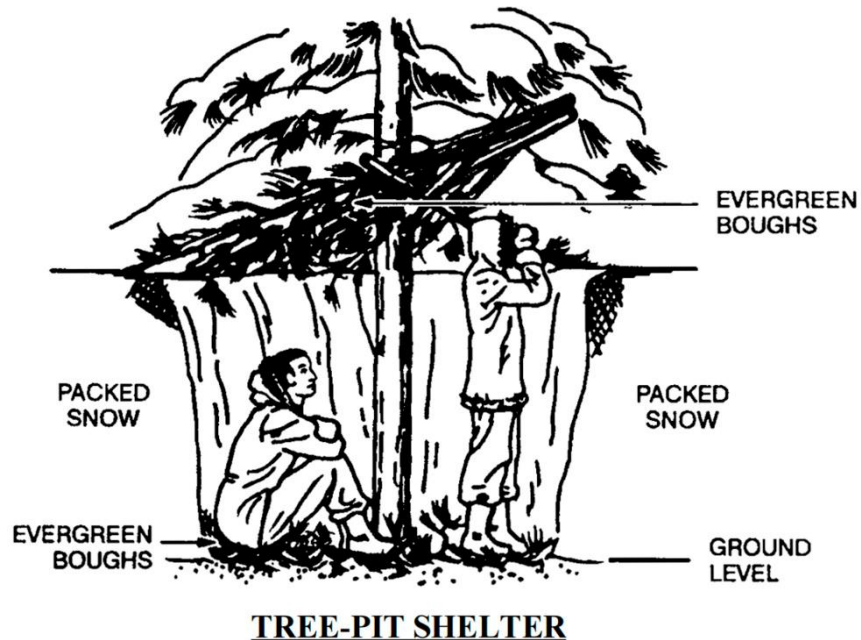
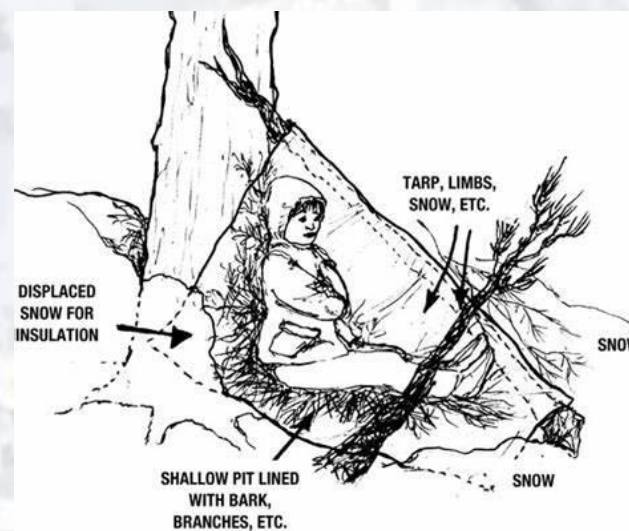
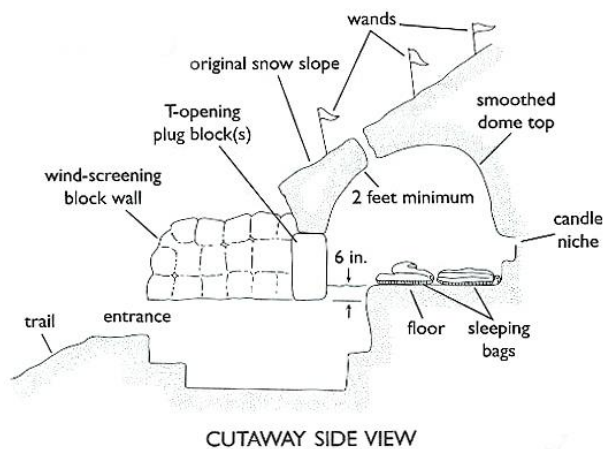


Figure VI-6. Snow Trench





Get Information – FORECASTS!

- ❄️ **National Weather Service:** www.weather.gov
- ❄️ **Northwest Avalanche Center:** www.nwac.us
- ❄️ If you have a mobile device, download the Avalanche Forecast app for easy access. (Available on a variety of mobile platforms.)
- ❄️ Call the ranger station in the area where you will be; for highway reports in 5 state area: **dial 511**



Avalanche Forecasting



Northwest Avalanche Center

www.nwac.us










Avalanche Forecasting

North American Public Avalanche Danger Scale

Avalanche danger is determined by the likelihood, size and distribution of avalanches.

Danger Level		Travel Advice	Likelihood of Avalanches	Avalanche Size and Distribution
5 Extreme		Avoid all avalanche terrain.	Natural and human-triggered avalanches certain.	Large to very large avalanches in many areas.
4 High		Very dangerous avalanche conditions. Travel in avalanche terrain <u>not</u> recommended.	Natural avalanches likely; human-triggered avalanches very likely.	Large avalanches in many areas; or very large avalanches in specific areas.
3 Considerable		Dangerous avalanche conditions. Careful snowpack evaluation, cautious route-finding and conservative decision-making essential.	Natural avalanches possible; human-triggered avalanches likely.	Small avalanches in many areas; or large avalanches in specific areas; or very large avalanches in isolated areas.
2 Moderate		Heightened avalanche conditions on specific terrain features. Evaluate snow and terrain carefully; identify features of concern.	Natural avalanches unlikely; human-triggered avalanches possible.	Small avalanches in specific areas; or large avalanches in isolated areas.
1 Low		Generally safe avalanche conditions. Watch for unstable snow on isolated terrain features.	Natural and human-triggered avalanches unlikely.	Small avalanches in isolated areas or extreme terrain.

Safe backcountry travel requires training and experience. You control your own risk by choosing where, when and how you travel.

www.nwac.us



How to stay safe and enjoy the trip!

- ❄️ Check the **weather** and **snow conditions**
- ❄️ Avoid problematic **terrain**
- ❄️ Stay warm and dry – be strategic; lots of adjustments
- ❄️ Be knowledgeable about medical problems: hypothermia and frostbite
- ❄️ Have an emergency SOS device



Notify Someone!

- ❄ Leave an itinerary with someone who will know you are overdue.
- ❄ Where you are going
- ❄ When you expect to be back
- ❄ Who is on the trip (phone numbers)
- ❄ What your vehicle looks like (License number)



Safe Trip Strategy

- ❄ Check the avalanche and weather forecasts!
 - ❄ Know before you go!
- ❄ No idea about the snow conditions before starting?
 - ❄ **Just say no!**
- ❄ Snowing heavily? (>1"/hr)
 - ❄ **Just don't go!**
- ❄ Tracks leading you off your trail?
 - ❄ **Don't blindly follow**
- ❄ Start off slowly
 - ❄ Take the time to warm up muscles
 - ❄ Find a sustainable pace



Snow Travel



Safe Route Finding





Safe Route Finding

- ❄ Stay on lowland trails and roads; they are safe under most conditions.
- ❄ Traverse the top of a slope rather than the base.
- ❄ Avoid areas where the snow is cracked or where there may be debris from previous slides.
- ❄ Learn what makes slopes stable - and unstable.

Snow bridges ...



Bombs Away?





Tree Wells

- ❄ typically more dangerous for skiers than for snowshoers
- ❄ But still need to be careful and observant

What is a tree well?

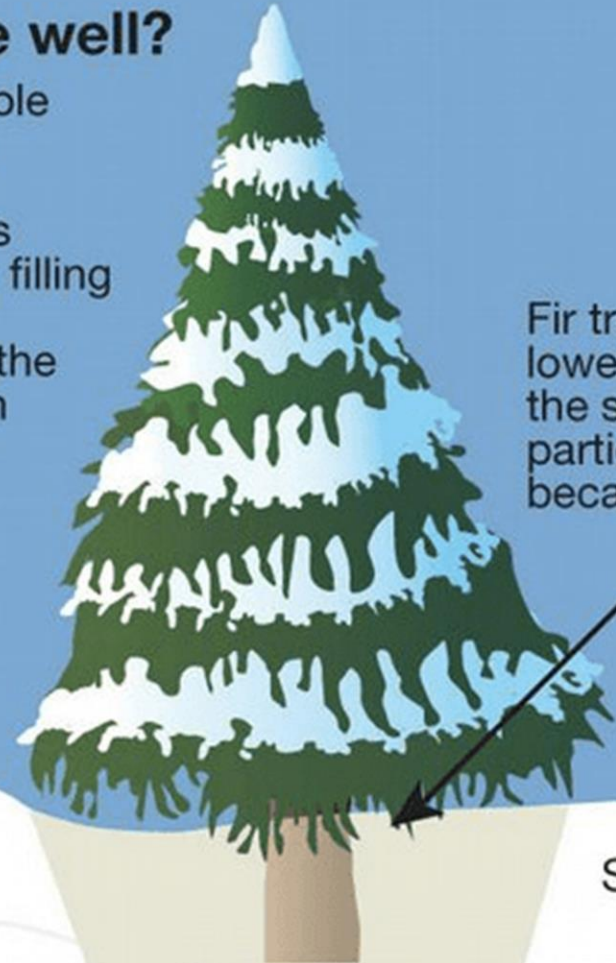
A tree well is the hole that forms around the base of a tree when low branches prevent snow from filling in and becoming snowpack around the trunk. The hole can fill with unstable snow, creating a hazardous trap.

Fir trees that have their lower branches touching the snow surface are particularly hazardous because the branches form a canopy and can hold a lot of snow.

Snowpack

Snowpack

Tree well area





When in doubt...

- ❄️ Avalanche Danger **Low** & **Moderate** – Basic avy training
- ❄️ **Considerable** – Advanced avy training
- ❄️ **High** and **Extreme** – **Don't go!**
- ❄️ Snow falling at rate of more than 1 inch/hr
- ❄️ Loss of visibility due to fog or whiteouts
- ❄️ That being said, there is always *some* safe place to snowshoe.



Common Decision-making Pitfalls

❄️ **Familiarity**

❄️ "I've done this many times before."

❄️ **Commitment/Consistency**

❄️ "We said we were going all the way..."

❄️ "We already made our decision."

❄️ **Expert Halo**

❄️ "My leader is experienced so (s)he must be right."

❄️ **Social Facilitation**

❄️ "I don't want to disrupt the group's good time."



SPEAK UP!

- ❄ Each and every person is *responsible for their own safety and the safety of others.*
- ❄ Our volunteer trip leaders are experienced but also human and fallible.
- ❄ If you think there is a safety issue, be sure to speak up and ask about it. “Why is this safe?”
- ❄ If you feel that unsafe decisions were made, please do contact the Snowshoe committee. Safety is very important to us, and we need to know.

Field Trip





Commonwealth Basin Field Trip

- ❄️ 3.5-5 miles
- ❄️ 700-800 feet elevation gain
- ❄️ slower pace and numerous teaching stops
 - ❄️ *can be easy to get cold!*
- ❄️ Most of the time we will be in rather dense conifer forest



Field Trip - Goals



- ❄ Practice snow travel skills
- ❄ Observe weather and terrain
- ❄ Meet other snowshoers
- ❄ Have fun!





Field Trip - What to Bring

- ❄️ 10 essentials
 - ❄️ Day pack
 - ❄️ Snowshoes with rails
 - ❄️ Warm boots
 - ❄️ Rain jacket and pants
 - ❄️ Gaiters
 - ❄️ Trekking poles with snow baskets
 - ❄️ Hat
 - ❄️ Gloves
 - ❄️ Lunch
 - ❄️ Water
- * See handout for more detailed list*



Field Trip - Topics Covered

- ❄ Walking in balance; turning
- ❄ Breaking trail
- ❄ Traversing slopes
- ❄ Uphill travel
- ❄ Downhill travel
- ❄ Falling & getting back up
- ❄ Terrain awareness
- ❄ Navigation and very basic map work
- ❄ Gear usage
- ❄ Clothing adjustments
- ❄ Emergency shelters
- ❄ Managing body temperature



Field Trip - Final Points

- ❄️ **You must sign up for a Field Trip date! (just one)**
- ❄️ Review the field trip materials (map, directions, gear list)
- ❄️ Prepare your vehicle
- ❄️ Don't make plans in the evening unless you're prepared to miss them
- ❄️ Questions? Email Steve LeBrun at stevelebrun@comcast.net



Basic Snowshoe Graduation

- ❄️ Attend:
 - ❄️ course lecture
 - ❄️ avalanche awareness seminar
 - ❄️ field trip
 - ❄️ Low Impact Recreation video
- ❄️ You will be awarded a Basic Snowshoe Badge, allowing you to sign up for Beginner and Basic snowshoe trips...





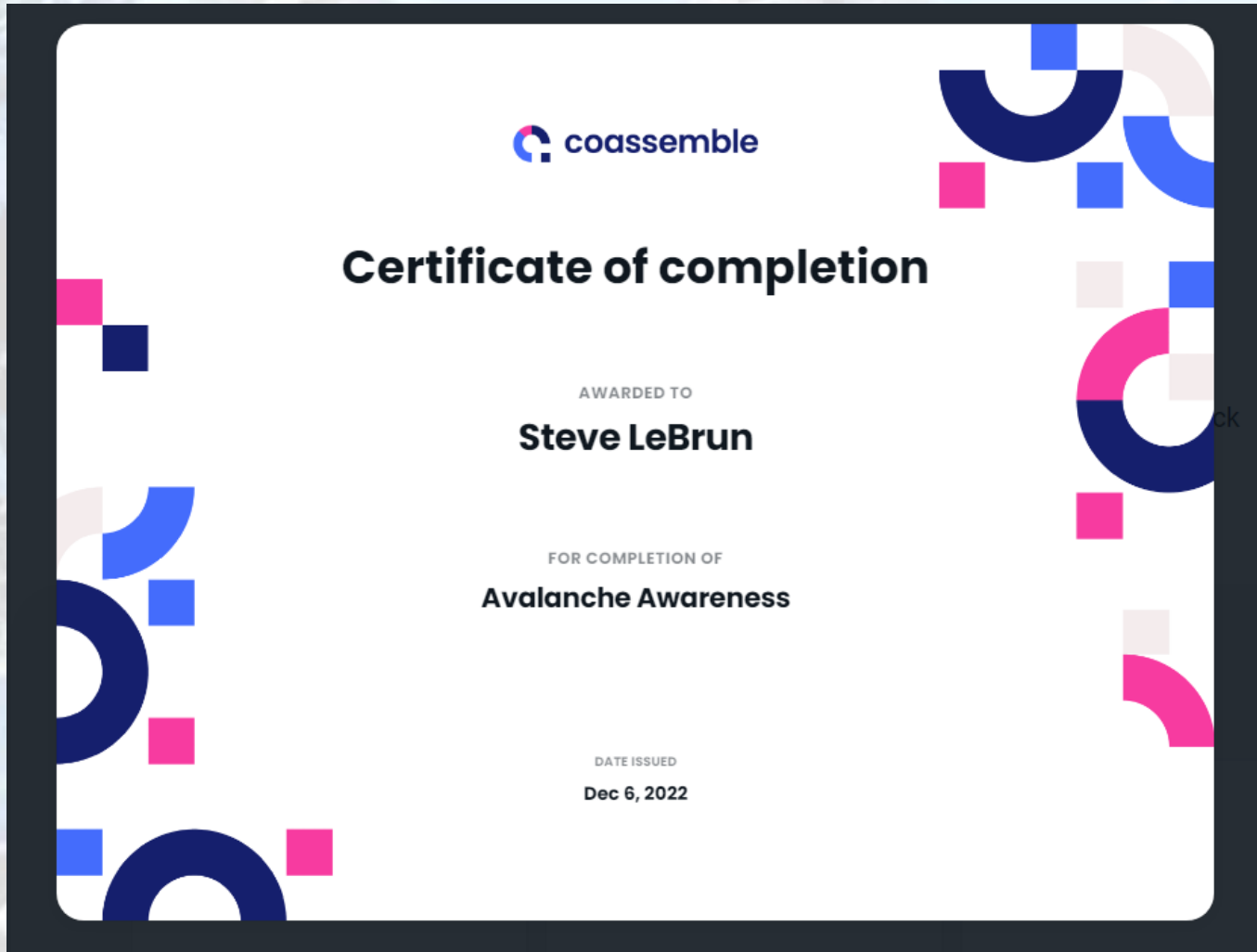
Avalanche Awareness



- ❄️ **Required** to graduate from the course.
- ❄️ An online video course, just for course enrollees, is available...to complete at your convenience
- ❄️ You can also take an Avy seminar through the club or directly from NWAC



Avy Awareness....Success !!



- Courses,
- Find Courses, Clinics & Seminars
- Avalanche Safety
- *Avalanche Awareness*
- Course Materials
- eLearning Access



Signing Up for Trips

- ❄ Club website: www.mountaineers.org
- ❄ **Activities** > **Find Activities** > I want to go... **Snowshoeing**
- ❄ Scroll down and there are checkboxes to filter for **Beginner** and **Basic** trips.
- ❄ Also, sign up for new trip alerts from your profile.



Where Can I Snowshoe?

- ❄ Beginner and Basic snowshoeing trips
- ❄ Logging roads
- ❄ Lowland trails
- ❄ Sno-Parks (Sno-Park pass) and National Forest (Northwest Forest or National Parks pass) parking areas
- ❄ Winter sports resorts everywhere have trails (including Nordic Centers)
 - ❄ *Etiquette:* Don't snowshoe in groomed XC ski trails



Some Beginner and Basic Routes in Washington

- ❄ Mount Tahoma Trails Association (MTTA) near Ashford (Mt. Rainier)
- ❄ Commonwealth Basin (Snoqualmie)
- ❄ Gold Creek Basin (Snoqualmie)
- ❄ Grace Lakes (Stevens Pass)
- ❄ Summit and Stevens Pass Nordic Centers
- ❄ Longmire and Paradise MRNP
- ❄ WA Sno-parks
- ❄ Mountaineers Meany Lodge trips
- ❄ Snoqualmie Pass Guided Ranger trips





I graduated Basic... now what?

- ❄ Wilderness Navigation Course
- ❄ Foothills Winter Navigation Seminar
- ❄ Wilderness First Aid Course
- ❄ Intermediate Snowshoeing Course
- ❄ AIARE1 Avalanche Training
- ❄ Winter Camping Course



Resources

- ❄️ Snowshoeing: From Novice to Master, 5th Edition
- ❄️ Snowshoe Routes: Washington
- ❄️ Ten additional titles on snowshoeing in the NW, Rockies, and more
- ❄️ SnowshoeMag.com

www.mountaineersbooks.org

Use your member discount!



See you at the Field Trip !!

