

Basic Snowshoe Course Packing List

Every person's clothing needs are different. Some people get colder more quickly than others. Remember -- NO COTTON. If you don't have any of this gear, try borrowing it from friends before you spend money.

For the field trip, you must bring the Ten Essentials and Clothing & Equipment.

TEN ESSENTIALS: Map (provided to you), compass, sunglasses and sunscreen, extra clothing, emergency shelter, headlamp/flashlight, first-aid supplies, fire starter, matches, knife, extra food & water. Sun protection is a must. Snow reflection is highly damaging to eyes; UV damage and sunburns are common.

CLOTHING & EQUIPMENT

- Pack (large enough for all winter gear)
- Snowshoes (your own, borrowed, or rented)
- Ski Poles/Trekking poles with snow baskets
- Sturdy, lug-soled, waterproofed boots
- Clothing Layers (no cotton)

Inner Layer:

- Wicking Liner socks, 2 pairs (one pair worn, other pair carried)
- Synthetic Warm Underwear, top & bottom, 2 sets (one set worn, other set carried)
- Liner gloves, (+ extra set in pack)

Insulating Layer:

- Outer socks, 2 pairs (one pair worn, other pair carried)
- Pants, synthetic fleece or wool. Soft-shell or sturdy hiking pants suffice for many.
- Shirt or sweater, synthetic fleece or wool
- Mittens or gloves, 2 pairs (one pair worn, other pair carried)

Protective Layer:

- Rain parka with hood – waterproof & breathable preferred; remember, coated nylon doesn't breathe and traps moisture under the clothing.
- Rain pants – waterproof & breathable preferred to avoid trapped moisture.
- Long gaiters. Be sure they fit your boots correctly so that snow doesn't crawl underneath. GoreTex or insulated gaiters are not necessary.
- Hats (one for warmth; one for sun protection)
- Wind jacket (which may be your rain parka). A fleece or wind stopper vest is also handy if it is warm.
- Scarf or neck gaiter if you tend to get cold easily.

Additional Recommended Equipment/Supplies for the Field Trip:

- Foam sit pad
- Hand and toe warmers
- Toilet paper, sealable plastic bags, and hand sanitizer
- Pack cover
- Dry clothes and shoes in your car for the trip home
- Garbage bags in your car for wet gear
- Camera and extra batteries, if desired