



Snowshoe Gear Check List

What to Wear...

NO cotton please – when cotton gets damp from sweat or snow it can be deadly and promote hypothermia

	You	Companion
△ Polyester or light merino wool sleeved shirts or ski underwear	<input type="checkbox"/>	<input type="checkbox"/>
△ Fleece or warm sweater (polyester or wool is best)	<input type="checkbox"/>	<input type="checkbox"/>
△ Gore-Tex jacket, or ski jacket	<input type="checkbox"/>	<input type="checkbox"/>
△ Gore-Tex Pants, Ski Pants or a type of waterproof pants – NO JEANS. Other options are sport pants or hiking pants – again no cotton	<input type="checkbox"/>	<input type="checkbox"/>
△ Gloves and Mitts. Gloves are good while working out on the way up and the mitts for the return trip	<input type="checkbox"/>	<input type="checkbox"/>
△ Warm toque or hat	<input type="checkbox"/>	<input type="checkbox"/>
△ Warm wool or polyester socks. Also a good idea to use thin liner socks underneath	<input type="checkbox"/>	<input type="checkbox"/>
△ Good Sturdy boots either Hiking Boots or Winter Boots highly recommended. Boots should be waterproof or invest in inexpensive waterproofing (about \$10 at Mountain Equipment Co Op MEC)	<input type="checkbox"/>	<input type="checkbox"/>

What to Bring...

	You	Companion
△ Small backpack or knapsack	<input type="checkbox"/>	<input type="checkbox"/>
△ At least 1 litre of water, gatorade or your favourite juice/beverage	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra fleece or wool sweater	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra mitts or gloves	<input type="checkbox"/>	<input type="checkbox"/>
△ Sunscreen, sunglasses or goggles	<input type="checkbox"/>	<input type="checkbox"/>
△ Any medication you may require during the day	<input type="checkbox"/>	<input type="checkbox"/>

Optional - 10 Essentials - From AdventureSmart.ca

Natural Trekking will have a supply of the following

	You	Companion
△ Flashlight, spare batteries or head lamps	<input type="checkbox"/>	<input type="checkbox"/>
△ Firemaking kit - waterproof matches/lighter, firestarter/candle	<input type="checkbox"/>	<input type="checkbox"/>
△ Signalling device - whistle or mirror to signal searchers if you become lost	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra food and water - 1 litre/per person	<input type="checkbox"/>	<input type="checkbox"/>
△ Extra clothing (rain, wind, water protection and toque)	<input type="checkbox"/>	<input type="checkbox"/>
△ Navigational/Communication Aids (maps, compass, GPS, charts, Cell, hand held radio - know how to use these items)	<input type="checkbox"/>	<input type="checkbox"/>
△ First Aid Kit	<input type="checkbox"/>	<input type="checkbox"/>
△ Emergency Shelter - orange tarp or large orange garbage bag. These can also be used as signalling devices	<input type="checkbox"/>	<input type="checkbox"/>
△ Pocket Knife	<input type="checkbox"/>	<input type="checkbox"/>
△ Sun protection (glasses, goggles, sunscreen, hat)	<input type="checkbox"/>	<input type="checkbox"/>