

PACKING LIST



SNOWSHOEING

CLOTHING:

- The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.
- You will want clothing to fit comfortably loose

LAYERING SYSTEM:

1. Base layer
2. Long underwear top and bottom
3. Insulation Layer - traps body heat to maintain warmth
4. fleece /down jacket or wool sweater
5. Fleece pants
6. Weather Proof Layer - blocks outside elements
 - Water and windproof/resistant top and bottom
 - Waterproof insulated gloves (2 pair suggested)
 - Wool or synthetic hat or ear covering
 - Wool or synthetic socks (2 pair)
 - Boots: 100% waterproof
 - Neck gaiter or scarf (suggested)

Leg gaiters (suggested)

Change of clothes for the ride home (suggested)

*Snowshoes are included in the price of the trip and will be distributed before departure.

REMEMBER: NO COTTON, NO JEANS

OTHER ESSENTIALS:

- Backpack
- Headlamp (strongly recommended)
- Or flashlight with fresh batteries
- Goggles (recommended) or sunglasses
- Sunscreen + lip balm
- Toilet paper and 2 ziplock bags
- Camera (optional)

FOOD:

- Bring your own lunch, snacks
- Water (2 liters minimum) in a hydration bladder or water bottle

SUGGESTED TRAIL FOODS

- Sandwich
- Fruit
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers + cheese
- Sports drinks or juices



whitworth outdoor rec

Questions/Contact

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Online Waiver Instructions

Go [here](#) and click on "Outdoor Recreation Waiver". Please be sure to fill out the waiver BEFORE the trip.