

Clothing and Equipment

Winter activities such as cross-country skiing and snowshoeing are highly aerobic and your body produces a large amount of heat when in motion. You should be wearing clothing that allows freedom of movement. It is essential to dress in layers and avoid overdressing that could lead to overheating of your body. Be prepared to don extra layers to stay comfortable when the wind picks up or when you stop for lunch.

Avoid wearing cotton clothes, which soak up moisture and get cold and clammy. You should dress in three layers:

1. Moisture-wicking layer of synthetic, silk, or wool.
2. Add insulating layer, such as Polartec jacket or wool sweater.
3. The outer shell of your layering system should be a jacket and pants made from a wind- and waterproof fabric, such as Gore-Tex.

Items to Bring:

___ for snowshoe trips: comfortable waterproof boots with insulation (ex. hiking boots)

___ bring 1 extra warm jacket or sweater

___ extra set of clothes in bag to be left in van

___ 2 pairs of socks wool/synthetic, 1 thick, 1 thin

___ gaiters (recommended)

___ knit/pile hat

___ gloves and liners

___ sack lunch, snacks

___ 1-2 quart of water

___ money for snacks (for optional stops en route)

___ sunscreen lotion

___ daypack or fanny pack

___ sunglasses

___ lip protection

___ rain hat

___ personal medication

___ nonabsorbent foam pad to sit on

___ rain jacket

___ rain pants

___ pile jacket/sweater/wool shirt

___ chemical hand and foot warmers (optional)