

Snowshoeing Equipment List

- ___ lunch and snacks (tasty, healthy and practical)
- ___ one filled water bottle or sports drink bottle
- ___ backpack - small internal or external frame pack (School book bag without the books is fine!.)
- ___ warm boots ("Sorel" type snow boots or snowboard boots are great)
- ___ snowshoes (Overlake will provide everyone with these!)
- ___ ski jacket
- ___ ski/rain pants
- ___ heavy wool sweaters or polypro/fleece top
- ___ wool or polypropylene/fleece pants
- ___ long underwear top and bottoms (no cotton)
- ___ wool or pile hat
- ___ ski gloves
- ___ wool socks
- ___ a change of clothes for the trip home (if you get soaked)
- ___ 1 filled waterbottle (1 quart/litre)
- ___ sun hat/cap
- ___ sunglasses
- ___ sun screen

Personal extras (optional):

- ___ eyeglasses/contact lenses - bring an extra pair if you rely on them
- ___ camera
- ___ book
- ___ prescribed medicines

Remember that you carry what you bring. It is important that you follow the list and do not pack additional items. Wool and polypropylene synthetics keep you warm when wet - cotton doesn't. Try to

borrow any expensive items which you think you may not use again after the trip. Please do not bring any electronic equipment (except flashlights and cameras).