



SNOWSHOEING & TRAIL CRAMPON HIKING GEAR LIST

VTS provides all of the group gear listed below. The snowshoes, crampons and poles will be distributed and fitted at the trailhead at the beginning of the trip.

Please note that **required personal gear is marked with a (R)**. Should you have any questions or concerns about the gear list, please contact VTS for assistance.

Provided Group Gear: includes, but is not limited to

- Red Feather Snowshoes
- Hillsound Trail Crampons
- Komperdell Trekker Vario Trekking Poles
- Foam Insulation Pad
- Map
- Compass
- First-aid kit
- MSR Whisperlite Stoves (for Hot Chocolate)
- Fuel
- Repair kits
- Water filtration pump

Personal Gear:

Please note that the weather is often times unpredictable and having sufficient layers and appropriate clothing and related gear is essential. Having layers of clothing allows you to regulate your body temperature so you do not overheat and sweat or become too cold and risk becoming hypothermic. Stopping along the hike to take a layer off or to add a layer on is common and encouraged.

Dressing for snowshoeing is similar to dressing for skiing.

- Day pack: a day pack at least the size of a school book-bag. It needs to be big enough to fit extra layers of clothing, water, snacks and lunch and other miscellaneous gear (R)
- A trash bag to line your day pack (guides recommend 2 trash bags or a 3mm contractors trash bag---regardless of projected weather (R)
- Footwear: appropriate **water-proof** winter hiking boots that provide sufficient traction, ankle support and warmth to hike/snowshoe for extended periods of time over changing terrain (R)

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- 2 pair of non-cotton socks (one pair on your feet and the other in your pack)---ex. Smartwool (guide recommendation) (R)
- Rain/snow/ski pants and Rain/snow/ski jacket----regardless of projected weather (R)
- Upper Body Layers: All non-cotton (recommend capilene or other similar breathable and wicking base layer). 1 short sleeve, 1 mid-weight long sleeve and a long sleeve fleece or vest or wool sweater (R)
- Lower Body Layers: light or mid-weight thermal underwear pants and a thicker base/fleece layer is recommended (R)
- Winter hat that fully covers ears (R)
- Scarf (guide recommendation)
- Winter waterproof gloves/mittens (R)
- Gaiters (guide recommendation)
- Sunscreen
- Lip balm
- Sunglasses/Winter goggles (guide recommendation)
- Brimmed hat
- Bandana
- Camera
- Headlamp with extra set of batteries
- Personal first aid kit, including medications (R)
- Two 1-liter water bottles (ex. 2 Nalgene bottles) or a hydration system that holds at least 2 liters (R)
- Small knife or multi-tool
- Whistle