**Snowshoe / X-country skiing Participant Gear and Clothing List**

- Clothes (No Cotton! Wool or Synthetics)
  - Baselayer (i.e. long underwear, socks, undies, Short-sleeve shirt, etc.)
  - Midweight layer (i.e. fleece, sweater, fleece pants, insulated jacket, etc.)
  - Outer shell (i.e. Snow/rain jacket, snow/rain pants)
  - Stocking hat
- Sturdy shoes to hike in
- Sunscreen
- Towel
- Sun hat
- Sunglasses
- Toiletries
- Medication you may be taking (x2)
- Headlamp or flashlight
- Camera (optional)
- Two 1-liter water-bottles
- Daypack
- Snacks / lunch
- Gaiters (optional)

**Group Equipment**
- Group gear (Snowshoes or skis, poles, etc.)
- First Aid Kits