

## SUN VALLEY TREKKING \* FULL DAY SNOWSHOE CHECKLIST

### **Snowshoe Equipment:**

- \_\_\_\_\_ Snowshoes
- \_\_\_\_\_ Warm Water Proof Boots for Snowshoeing (Sorel-Type boots or Snowshoe specific boots are best)
- \_\_\_\_\_ Adjustable ski poles

### **Clothing:**

- \_\_\_\_\_ Long underwear tops and bottoms (a polypropylene/wool or similar blend recommended)
- \_\_\_\_\_ Loose fitting shell pants or wind pants (water-proof)
- \_\_\_\_\_ Long sleeved fleece/poly shirt.
- \_\_\_\_\_ Wool sweater, fleece or down vest.
- \_\_\_\_\_ A shell parka that has a draw tight hood, is wind and water resistant, and beneath which three layers may be worn.
- \_\_\_\_\_ Down parka for stops on the trail (not necessary for trips after mid-Feb)
- \_\_\_\_\_ Ski hat
- \_\_\_\_\_ Neck gaiter or facemask.
- \_\_\_\_\_ Sun visor or ball cap (important for trips after mid-February).
- \_\_\_\_\_ Knee high gaiters or NEOS Overboots (available for rent)
- \_\_\_\_\_ Warm Gloves (an additional light pair for trips after mid-February).
- \_\_\_\_\_ OR
- \_\_\_\_\_ Warm Mittens (not necessary after mid-Feb unless cold blooded).

### **Personals:**

- \_\_\_\_\_ Sun/wind protection, lotion for lips/face/hands (spf 15 min)
- \_\_\_\_\_ Sunglasses/goggles
- \_\_\_\_\_ Camera and film
- \_\_\_\_\_ (2) One quart water bottles
- \_\_\_\_\_ Day Pack (big enough to hold extra clothes, water and snacks)

### **Optional:**

- \_\_\_\_\_ Map (guides will carry a map)
- \_\_\_\_\_ Favorite Snack food (guides will carry lunch and/or snacks)
- \_\_\_\_\_ Blister kit if you are prone to blisters (guides carry a medical kit)

## Sun Valley Trekking

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