



Snowshoe Hike

PRE-TRIP MEETING: _____ (date) @ 6PM in the Peak Adventures office (PeakAdventures.org for map)

TRIP: Meeting Location: Peak Adventures office

- Day Trip** Meeting Time: 8AM Approx. Finish Time: 5PM
 Starlight Trip Meeting Time: 3PM Approx. Finish Time: 12AM

Clothing

* **The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.**

* **You will want clothing to fit comfortably loose.**

- Layering system:
 1. Base layer – wicks moisture off the skin to prevent evaporative cooling
 - Long underwear top and bottom
 2. Insulation layer – traps body heat to maintain warmth
 - Fleece/down jacket or wool sweater
 - Fleece pants
 3. Weather proof layer – blocks outside elements
 - Water and wind proof/resistant top and bottom

- Waterproof insulated gloves (2 pair suggested)
- Wool or synthetic hat or ear covering
- Wool or synthetic socks (2 pair)
- Sturdy boots or shoes (water proof suggested)
- Neck gaiter or scarf (suggested)
- Leg gaiters (suggested)
- Change of clothes for the car ride home (suggested)
- Remember: **NO COTTON, NO JEANS**

*Money saving tips: try to borrow clothes from friends or look in a military surplus store or thrift shop for affordable clothing.

Refund Policy:

- Cancellations made less than two weeks (14 days) prior to the event are not refundable.
- There is a \$10.00 fee for all cancellations and transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

Other Essentials:

- Day pack
- Headlamp (strongly recommended) or flashlight with fresh batteries
- Goggles (suggested) or sunglasses.
- Sunscreen and lip balm
- Camera (optional)
- Snowshoes & poles (provided by Peak Adventures)

Food:

- Bring your own lunch, snacks
- Water (at least 2 liters)
*water bladders not suggested
- SUGGESTED TRAIL FOODS
- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese
- Sport drinks or juices

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.