

## SNOWSHOEING CHECKLIST

Snowshoeing is not only easy to learn, it's also a great way to enjoy winter and keep fit. Use the following gear list with our Outdoor Essentials list below to make sure you have everything you need for a safe, fun outing.

- Snowshoes
- Poles
- Waterproof, insulated boots
- Gaiters
- Gloves
- Hat or balaclava
- Neck gaiter
- Active winter clothing
- Day pack or lumbar pack
- Vacuum bottle with hot liquids
- Hand and toe warmers
- Spare gloves and socks

**Snowshoes** Use the right type of snowshoe: Recreation models are great for beginners and families; day-hiking models are for fitness and longer outings, and backcountry designs are a must for steep terrain and multiday trips.

**Poles** Two-piece poles provide balance, and are easy to adjust for the terrain and snow conditions.

**Waterproof, insulated boots** Most any comfortable boot that will keep your feet warm and dry will work with snowshoe bindings, which typically have plenty of adjustability.

**Gaiters** Nice to keep the snow out of your boots.

**Gloves** Water- and wind-repellent gloves are ideal. Make sure they're easy to fit through your pole straps.

**Hat or balaclava** Choose fleece, wool or a combination.

**Neck gaiter** Great for extra warmth on frigid or windy days.

**Active winter clothing** Dress in layers of synthetic or wool that won't trap moisture. Start with base layer top, bottoms and midweight socks, add a fleece top, shell and tights or winter sport pants that block wind (insulated snow pants are fine for beginners but will be too warm and bulky if you're moving at a steady pace).

**Socks** Midweight wool or synthetic socks are essential for keeping feet warm and dry.

**Day pack or lumbar pack** Ideal for carrying spare clothing, first aid kit, snacks, water and other essentials.

**Vacuum bottle with hot liquids** A great way to warm up and hydrate after a winter outing, and important if you end up staying out longer than expected.

**Hand and toe warmers** Tuck into gloves and ski boots for extra warmth in very cold weather.

**Spare gloves and socks** Keep these in your pack in case yours get soaked.

### **Before you go:**

Check the weather forecast.

Leave a trip itinerary with family or friends.

## **OUTDOOR ESSENTIALS**

Whether heading outdoors for a few hours or a few days, L.L.Bean strongly recommends having these essential items with you at all times:

- Water
- Food
- Map and compass/GPS
- Lighting (headlamp, flashlights, lanterns)
- Fire starter
- Sun protection – apparel
- Sun protection – lotion
- Sunglasses
- First aid kit
- Men's warm clothing and rain gear
- Women's warm clothing and rain gear
- Knife/multitool
- Cell phone
- Repair kit

**Water** Use these minimum guidelines to ensure you stay hydrated: one quart for a couple of hours, two quarts for four hours and four to six quarts for a daylong hike. Make sure you are well hydrated before your hike. Drink early and often. Bringing a water treatment system along to treat any water needed beyond two quarts will help save weight. All water found on the trail should be treated.

**Food** Next to staying hydrated, keeping “fueled” is crucial to safely enjoying your adventures. Regular small snacks keep your energy going throughout the day. Before heading out, eat foods that are rich in calories and that take a while to digest. On the trail, eat sports bars and gorp (“good old raisins and peanuts” &ndash often supplemented with chocolate) to provide quick energy throughout the day.

**Map and compass/GPS** Always carry a detailed topographic map of the area you are visiting. An updated trail guide or description will help you stay on the right trail. Your compass can be a simple dial style, although one with a base plate is quite helpful when using with the map. GPS units are helpful but you must know how to use your map and compass should the GPS fail. Always carry spare batteries for your GPS.

**Lighting** Always carry a headlamp on a hike in case you stay out longer than planned. Hiking

in the dark without a light can be very dangerous. Always have spare batteries and a back-up light. For the campsite, it's a good idea to have a lantern or flashlight.

**Fire starter kit** This is necessary for starting your stove to cook or in an emergency when starting a fire is critical to stay warm. Your kit should include waterproof matches with striker in a waterproof container and fire starter such as candles or steel strikers that work when wet and produce a high-temperature spark. A small amount of tinder kept in a waterproof container is also helpful. Dryer lint, wax-soaked cotton balls and wood shavings are three examples of good tinder.

**Sun protection – apparel** Sun-blocking apparel is a convenient way to protect yourself from the sun. It won't wear off during the day like lotion. We offer a comprehensive assortment of sun blocking apparel, including hats, shirts and pants.

**Sun protection – lotion** Waterproof sunscreen is key. Apply before you head out and reapply a couple of times according to directions. SPF lip balm is also recommended.

**Sunglasses** Sunglasses and a brimmed hat will protect your eyes and help keep you comfortable.

**First aid kit** We offer several good first aid kits that pack small if you don't want to make your own. We recommend a supplemental blister kit with moleskin and blister-specific adhesive strips, as this is one of the more common outdoor issues. Also, make sure members of your group have all their required prescriptions.

**Warm clothing and rain gear** Pack the layers you would need to survive the night in the worst possible weather for the location and season. This may be as simple as a raincoat for a sudden summer thunderstorm to several layers and a waterproof jacket and pants for a winter adventure. All base layers should be synthetic or wool.

**Knife/multitool** From cutting off the end of an errant strap, to making a fuzz stick for fire starting, a knife has lots of uses on the trail. A multitool with small scissors, tweezers, screwdrivers, etc., solves even more problems.

**Cell phone** A fully charged cell phone can be a great way to get help in an emergency situation, but you may not have service in remote areas. Don't rely on a cell phone as a substitute for being prepared.

**Repair kit** Handy field repair items include duct tape, nylon repair tape, wire ties, safety pins and parachute cord. A needle and thread is also good to have for a quick fix. A space blanket or small section of poly can be used in a pinch for an emergency shelter.

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