

## Snowshoeing Tips

Never been snowshoeing? No worries—it's easy! You'll have a great time if you follow these tips...

**Dress in layers.** You might get really warm while you're snowshoeing, because you're exercising. You might also be cold when you start, or get cold on the trail if it's windy. Wear several layers of clothing rather than one big thick coat. For example, wear a long-sleeved undershirt, a button-up wool shirt, a vest, and a lighter-weight coat. You can even add a rain jacket for wind protection. You can take off or put on layers as you need to.

**Bring a small daypack or bag.** You can put extra layers in your bag, and you can carry a water bottle. It's important to drink water when you're active. In winter, it will keep you warmer! And a snack is a good idea, too.

**Wear a hat, and gloves or mittens.** A hat and gloves will keep you much warmer. And making snowballs is more fun with gloves on!

**Wear shoes that keep out snow and water.** Shoes with ankle support, like hiking boots, are great. So are snow boots. Tennis shoes will get soaked, and snow will get inside them, so try to find something sturdier. We do have gaiters you can use, which cover the tops of your shoes and keep snow from getting in.

**Bring a buddy.** It's easier to put snowshoes on (and take them off!) with a friend to help. And if you fall down in the snow, they can help you up again!

Snowshoeing is like walking, only with really big feet. It takes a little getting used to. Some people like to use ski poles to help them balance. We have those for you to use if you like.

How long does it take to become an expert snowshoe-er? About 10 steps! Give it a try...

