



PACKING LIST

Snowshoeing

Dress in layers, since you are likely to sweat when snowshoeing! Cotton is not recommended since it won't be warm when you are sweating. Functional clothing is much better, since it dries quickly.

Base Layer:

- Long sleeve shirt (functional clothing e.g. ski underwear)
- Tights or leggings

Insulation Layer:

- Fleece pullover

Outer Layer:

- Sturdy waterproof hiking boots (covering your ankles) and comfortable, warm hiking socks
- Waterproof/breathable pants (hiking pants, ski touring pants, etc.)
- A wind- and water-resistant, breathable jacket
- Hat
- Warm gloves (e.g. ski gloves)

In your backpack:

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| ■ Min. two litres of water, better: a thermos bottle with tea | ■ Personal medication |
| ■ A spare shirt (you should not get cold in case you are sweating) | ■ Tissues |
| ■ Sunglasses | ■ Money |
| ■ Sunscreen | ■ ID |
| | ■ Camera |
| | ■ Snacks |

Optional:

- Gaiters