



SNOWSHOEING KIT LIST

EVERYTHING YOU NEED FOR A DAY TRIP

E = Essential S = Safety A = Additional

O = Own G = Gathered P = Packed

ITEM	E	S	A	MY ADVICE	O	G	P	NOTES
Equipment								
Snowshoes	✓			New to snowshoeing? Then I would recommend renting, so they're right for your weight, terrain and snow conditions.				
Poles	✓			I highly recommend adjustable poles. You can upgrade your hiking poles to be suitable with some large powder baskets.				
Backpack	✓			A 20 to 35 litre pack that has a waist strap/hip belt and a chest strap.				
Pack Liner			✓	A layer of internal protection against the snow (or heaven forbid...rain!) A large drybag is ideal but a heavy-duty bin bag will do.				
Sit Mat			✓	One of my favourite pieces of inexpensive kit. Costs just a few pounds and stops a cold wet bum.				
Clothing & Footwear								
Boots	✓			Ideally a winter boot that is insulated, waterproof and has thick soles. If you don't have a snow boot then a waterproof hiking boot will be adequate.				
Socks	✓			Breathable warm hiking socks that provide some cushioning. I wear just one pair, but some walkers opt to wear a pair of thin liner socks and a thicker outer pair.				
Spare Socks			✓	A spare pair just in case yours get soaked, as blisters are likely to form when your feet get wet.				
Base Layer Top	✓			Long-sleeved wicking layer. A technical synthetic fabric, or even better, merino wool. Try to avoid cotton layers.				
Mid Layer Top	✓			Your mid layer's breathability and thickness chosen based on the weather forecast, likely a fleece or a synthetic softshell.				
Warm Layer Jacket	✓			An insulated down or synthetic jacket as an additional mid-layer to put on during rest stops, or useful spare layer for emergencies.				

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Hard Shell Jacket	✓			Breathable, waterproof layer and should have a hood. Gortex hiking/ski jackets are ideal. Underarm zips (pit zips) are great for ventilation, you'll be working up a sweat snowshoeing and don't want to overheat.				
Base Layer Trousers	✓			On a cold day you will want a base layer thermal trouser/legging to go under your outer trousers.				
Shell Trousers	✓			A lightweight, breathable, waterproof shell that will not only keep you dry but also fend off wind. Non-padded ski trousers/salopettes are ideal. Built-in snow gaiter to save snow going down the top of your boots is great.				
Warm Lower Layer			✓	If it's a REALLY cold weather forecast then add a pair of down/synthetic shorts or skirt. I love mine, they really protect my bum and thighs from the cold.				
Woolly Hat / Buff	✓			Warm woolly hat or a headband to cover your ears. Buffs can be used as headband or neck warmer and can cover your cheeks if the wind is bitterly cold.				
Gloves	✓			I would recommend 3 pairs. Thin lightweight liner glove (silk ones are great), a warm/waterproof one, ideally something like a ski glove and a third as a spare.				
Cap / Sun Hat			✓	A peaked cap or brimmed hat would be recommended if sun is forecast.				
Sunglasses	✓			Protect those eyes.				
Googles			✓	If it starts to snow and the wind picks up you will definitely be grateful for a pair of ski goggles rather than sunglasses, trust me!				
Gaiters			✓	If your waterproof trousers don't have a built in snow gaiter, then a pair of gaiters are worth bringing as an extra defence against snow entering your walking boots!				
Navigation								
Map & Compass		✓		Never head out into the mountains without a waterproof map (or if paper then in a waterproof case) and compass. However, they don't do any good if you don't know how to use them.				
GPS			✓	A GPS device is a good addition to a map and compass. Make sure you take spare batteries or a power pack to keep it charged, as batteries can drain very quickly in cold temperatures.				
PLB			✓	Personal Locator Beacons are quite expensive, but if you head into the mountains often then its a great investment. They allow you to contact emergency services via satellite even when there is no phone signal.				
Emergency Items								
Headtorch		✓		You shouldn't need this on most day hikes, but important in case of an emergency. Take spare batteries.				
Avalanche Safety Equipment		✓		Away from groomed marked trails you're likely to need avalanche safety equipment; transceiver, shovel and probe. Everyone needs to be carrying these three items and know how to use them.				

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First Aid Kit		✓		Please always take a first aid kit with you. While it's unlikely that you will have an emergency, make sure you have at the minimum; some sterile dressings, a bandage, paracetamol, plasters and some zinc oxide tape for blister prevention..				
Repair Kit		✓		A mini repair kit can help you fix the unexpected, like a broken snowshoe binding, and prevent a ruined day. I would include; fire source of waterproof matches or a fire starter, small knife or multitool, spare lace, cable ties, and that oh so important gaffa tape. Wrap the gaffa tape around your water bottle or trekking pole to save space. Safety whistles are often on chest strap buckles of bag.				
Emergency Shelter		✓		A heat-reflective foil bivvy bag weighs nothing and can be a lifesaver. If you are hiking in a group, then a Bothy Bag shelter between the group can be a great addition.				
Food & Hydration								
Hydration	✓			A couple of robust water bottles, I recommend the Nalgene bottle. Hydration bladders with a hose tend to freeze up. If it's due to be really cold, use insulated bottle covers or just wrap the bottle in some clothes in the centre of your bag.				
Flask			✓	Personal preference, but a warm drink on a cold day can put a smile back on anyone's face.				
Lunch / Snacks	✓			Don't skimp on this, on a 6-8 hour hike you will be burning a lot more calories than you think, especially if it's cold.				
Emergency Food		✓		Include a few emergency extras incase of an incident and you have to stay out hours longer than expected, or even over night!				
Personal Items								
Hygiene	✓			Toilet paper, and a zip lock bag to store used paper in, hand sanitiser.				
Suncream	✓			In the hope you have a beautiful sunny day.				
Lipbalm	✓			Lip balm with a good SPF is essential in the mountains, even on a grey day your lips can dry out from the cold and wind.				
Money	✓			There 'might' be the opportunity to buy cake on the route, so have money with you just in case.				
Charged Phone		✓		Often no phone signal in the mountains, so don't rely on it for navigation. Take a small power pack to top up the charge.				
Watch			✓	In the winter it's best to not rely on your phones battery life too much, so a traditional wristwatch would be advised.				
Rubbish Bag			✓	Not only for your rubbish but also great if you can pick up any litter you see on route.				
Camera			✓	It's going to be beautiful!				
Binoculars			✓	A lightweight pair of binoculars is great for animal spotting.				

If you want more detailed information please see my [What Do I Need To Go Snowshoeing?](#) blog post.