Proper preparation makes for a wonderful day of Snowshoeing!

OA provides:
- Snowshoes and Poles
- First aid kit
- Transportation

You provide:
- Day Pack
- Water bottles/bladder, at least 2 liters
- *Sunglasses*, sunscreen and lip balm
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Food
- Lunch
- Snacks
- Water (2 Liter Holding Capacity)

Clothing
It is best to dress in layers because temperatures will vary throughout the day. Depending on your activity level, it is important to shed or add layers to stay comfortable. Bring a day pack to carry your extra layers for the day. Avoid cotton at all costs! Cotton kills!

Upper Body
- Synthetic t-shirt
- Synthetic/wool long underwear
- Mid-layer fleece
- Warm outer layer
  - Down, wool, sweater, or fleece
- Hooded water-proof jacket or poncho
- Warm beanie, fleece/wool hat
- Waterproof Gloves (1-2 pairs)
- Balaclava, scarf, neck gaiter

Other Items
- Money for meal on return drive (dinner opportunities)
- Change of comfy/dry clothes for ride home

Please Do NOT Bring:
- Cotton clothing (jeans are cotton)
- Text books
- Expensive electronics
- Drugs or alcohol

Feet
- Synthetic/wool socks (1-2 pairs)
- Shoes for the car
- Plastic bag (like a produce bag or Safeway bag) for feet inside shoes

Lower Body
- Snow pants
- Synthetic/wool base layer

The Rental Center is open 10 am – 6 pm, Monday – Friday. Rentals are available at a 50% discount for trip participants. Rental items include: daypack, poncho, gaiters and winter boots.