

MATERIAL NEEDED TO CARRY OUT A TWO-DAY ACTIVITY WITH SNOWSHOES

We recommend that you take special care in choosing your equipment, because it contributes a lot to the success of your outing. Weight is decisive; You should always assess the weight / comfort ratio to find a good balance. Since weather conditions can be highly variable, it is better to wear thin layers rather than having a large garment. It is very important to stay dry in all circumstances.

Walking boots

- High boots to make snowshoes (warm and waterproof, that support the ankle well).

Bag

- Backpack minimum volume 40 L (better large than small). Plan space for the picnic.
- A tip in case of snow: even if you have "covers" for the backpack, always protect your belongings in a plastic bag (large garbage bag), inside the backpack.

Clothing

As for underwear (T-shirts, boxers, socks), avoid cotton that is heavy, cold and dries very slowly. Better synthetic technical textiles, or wool (merino). They are warmer, dry quickly and do not smell!

- 1 long-sleeved technical shirt
- 1 Polar Lining.
- 1 Gore-tex jacket.
- 1 thermal tights.
- 1 Gore-tex type pants.
- 1 pair of merino wool socks. (recommendable)
- 1 pair of wool gloves.
- 1 pair of Gore-tex gloves.
- 1 pair of fine silk gloves.
- 1 Cap.
- 1 Buff.
- 1 water bottle of 1.5 liters, isothermal better.
- Cap.
- Sunglasses (category 4)
- Blizzard Goggles.

NECESSARY MATERIAL FOR 2 DAYS OUTING WITH SNOWSHOES

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- Sunscreen, lip sunscreen
- 1 pair of telescopic poles. (optional)
- Optional: camera, binoculars, etc ...
- 1 down jacket. (recommendable)
- Spare clothes (shirt, underwear, socks).
- Headlamp type.
- Personal first-aid kit - Elastoplast, "second skin" dressings, compresses, medications for common illnesses: diarrhea, constipation, sore throat, headache, pain, allergies ...
- Personal hygiene: technical towel, toilet paper, toothbrush ... (depending on each one)
- Gaiters if the pants do not effectively cover the upper part of the shoe. (optional)

** The guide always carries a first aid kit.*

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