

Snowshoe layering system

Here are some tips for the correct type of clothing to wear while snowshoeing.

Snowshoeing is an aerobic activity and your body will create a lot of heat while walking. The most common mistake people make is to wear too much. You should follow the 'layering' method so you can add or remove layers easily as your body heats or cools down.

The layering method:

Base Layer

Bring a thin bottom layer that wicks away moisture to keep you dry and regulate your temperature. If your clothes become damp from perspiration, you will get very cold once you stop. Synthetic fabrics or merino wool is good, but avoid cotton. Also avoid anything heavy or bulky.

Mid layer

This layer is also called the insulation layer, since it is the one that actually keeps you warm. A mid or heavy-weight fleece is best. Again avoid cotton which will absorb too much moisture.

Shell Layer

This layer both keeps you dry and protects you against wind. It's important to have a jacket that is both waterproof and breathable. If you have a non-breathable layer then any moisture will be trapped inside. Jackets with plenty of zips, particularly underarm zips or vents are the best since you can keep the vents open even if it is snowing. A light water-resistant soft shell can also be used if you prefer.

Avoid heavy ski jackets or pants which will leave you too cold if you remove them, and will be difficult to carry when you need to take them off. The key is to be able to add or remove layers easily as you heat up or cool down. Never wear denim or heavy cotton clothing, which acts like a sponge for any moisture!

We will provide waterproof gloves however you can bring your own if you prefer. Fleece or down work well, again with a waterproof outer layer. On warmer days lighter gloves will be fine. Bring several pairs if you have them as they might get wet from snow or perspiration.

We will also provide gaiters, which are coverings that fit over your shoes, and stop snow getting in, which will melt once it reaches somewhere warm.

Bring extra pairs of warm (hiking socks which wick well, or wool are fine) socks - it may not be possible to dry them out each evening.

Following the above rules are the key to being comfortable while snowshoeing.