

Snowshoe Hike



TRIP: Meeting Location: Peak Adventures, 6000 J. Street, Sacramento CA 95662

Day Trip

Meeting Time: 8:00am

Approx. Finish Time: 4:00pm

Clothing

* The best performing outdoor materials are synthetic (rayon, polyester, nylon, fleece, spandex), wool and silk.

* You will want clothing to fit comfortably loose.

• Layering system:

1. Base layer – wicks moisture off the skin to prevent evaporative cooling
 - Long underwear top and bottom
2. Insulation layer – traps body heat to maintain warmth
 - Fleece/down jacket or wool sweater
 - Fleece pants
3. Weather proof layer – blocks outside elements
 - Water and wind proof/resistant top and bottom

- Waterproof insulated gloves (2 pair suggested)
- Wool or synthetic hat or ear covering
- Wool or synthetic socks (2 pair)
- Sturdy boots or shoes
 - Warm, sturdy, and water proof
- Neck gaiter or scarf (suggested)
- Leg gaiters (suggested)
- Change of clothes for the car ride home (suggested)
- Remember: **NO COTTON, NO JEANS**

*Money saving tips: try to borrow clothes from friends or look in a military surplus store or thrift shop for affordable clothing.

Cancelation and Refund Policy:

- Cancellations made more than 10 business days prior to event will receive a refund minus a \$10 fee.
- Cancellations made 10 business days or less before the event are not eligible for a refund.
- There is a \$10 fee for all transfers.
- Should Peak Adventures cancel a trip or a class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and participant numbers.

Other Essentials:

- Day pack
- Goggles (suggested) or sunglasses.
- Sunscreen and lip balm
- Camera (optional)
- Snowshoes & poles (provided by Peak Adventures)

Food:

- Bring your own lunch, snacks
- Water (at least 2 liters)
 - *water bladders not suggested
- SUGGESTED TRAIL FOODS
- Sandwich
- Fruit (fresh or dried)
- Granola bar or energy bar
- Bagels with salami and cheese
- Trail mix
- Crackers and cheese
- Sport drinks or juices

Alcohol and illegal drugs are prohibited on all Peak Adventures trips.