



## Cross Country Ski or Snowshoe Tour

The gear on this list is required. If you have any questions about this list or the gear on it, please contact our office or your guide for advice. [Mountain Chalet](#) or [Mountain Equipment Recycler](#) here in Colorado Springs are great resources for knowledge and product selection. PPAS also rents most gear (not clothing) on this list.

719-368-9524 [info@pikespeakalpineschool.com](mailto:info@pikespeakalpineschool.com)

### Footwear:

- Fully waterproof hiking boot. Boots must be broken in. May need insulated glacier boots or double plastics depending on conditions and temperature. If in any questions, please call our office for advice. If Skiing, NNN boot is required.
- Gaiters (make sure they fit your boots)
- Wool or synthetic socks. No cotton.
- Liner sock. This is a personal preference, not required.
- Snowshoes and ski poles. Included.
- Cross Country Skis and NNN Boots. These can be rented at [Mountain Chalet](#).

### Clothing (all to be wool or synthetic):

- Base Layer, long sleeve tops and bottom.
- Insulation Layer, top. Softshell jacket is nice. Fleece is ok but these have no wind protection so softshell is preferred.
- Hardshell Pants. This is a rain and windproof layer.
- Hardshell Jacket with hood. Hardshells are required for wind protection and weather protection.
- Insulated "puffy" jacket or parka w/ hood. Down or Synthetic. Make sure it fits over all other layers combined.

### Headwear:

- Synthetic or wool hat (beanie)
- Ball Cap or Visor, sun protection for your face.
- Sunglasses with dark lens' and wraparound sun and wind protection.

### Handwear:

- Liner glove
- Softshell glove, water and wind resistant.

### Other gear:

- ~25L Backpack, make sure your gear fits in pack prior to trip.
- 1L waterbottle, leakproof bottle like Nalgene to be kept inside pack to prevent freezing. Bladder hoses will freeze.
- Sunscreen, 30SPF minimum
- Lipscreen
- Camera
- Snacks, 1000calories. Sandwich, candy bars, and trail mix work well, bring what tastes good to you.
- Spare door and ignition key, for groups carpooling.