



**Heli Canada Adventures**  
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## Heli Snowshoeing Equipment List

Our guests are very welcome to bring their own snowshoeing gear – technical fabrics suitable for snowshoeing wear in the mountains (they wick moisture away from your skin, they dry quickly and they are warm and windproof), waterproof and breathable rain jacket and rain pants, good high winter boots or winter hiking boot with excellent ankle support and solid platform is best, light wool gloves and hat, warm winter gloves, 1-liter water bottle and a day pack. Laundry facilities are available to our guests.

We provide collapsible poles, snowshoes and all the technical mountaineering gear if needed, lunch bags and ear protection. **If you require us to provide technical winter hiking or winter boots please let us know at the time of booking – very important as each person has different feet!**

What do I need to pack?

- Small Day Pack and a 1-liter water bottle
- Light leather winter hiking boots with excellent ankle support and a good platform
- Or warm winter boots that are high to keep the snow out
- Gaiters to keep snow out
- Baseball or sun hat
- Sunglasses that are good quality: UV A and B rated
- Sunscreen 30 plus and Lip balm
- Camera, memory or film, spare batteries and charger for camera
- Blister Kit (Moleskin, Second Skin - an ounce of prevention is worth a pound of cure)
- Anorak- windproof water resistant
- Rain pants- windproof water resistant
- Warm compressible windproof layer such as a fleece jacket or vest
- Suitable technical hiking wear for all weather conditions: wicking layer close to the skin, a good shirt, warm light windproof fleece, long pants for hiking (not jeans).
- Light wool hat and light wool gloves, warm winter gloves
- Two or three pairs of socks that are synthetic or wool – thick and thin pairs
- Indoor shoes or sandals, swim suit and comfy lodge wear

If we have missed a favorite item – please bring it along!

You should feel comfortable at minus 15 degrees Celsius to plus 10 degrees Celsius.

If you need a hand to procure anything, **please do let us know.**